



Yoga Journal Presents Your Guide to Reflexology: Relieve Pain, Reduce Stress, and Bring Balance to Your Life

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Discover the healing art of reflexology!

The healing art of reflexology uses specific thumb and finger techniques to teach the body to redirect and release the blocked energy that causes pain and illness. In *Yoga Journal Presents: Your Guide to Reflexology*, you'll find expert information on this therapeutic method of pressure-point massage to relieve pain, reduce stress, and heal a variety of ailments. This accessible and comprehensive guide teaches you how to:

- Locate the healing zones of the feet that correspond to specific organs, systems, and body parts
- Use thumb-walking, knuckle presses, clapping, and other techniques to balance energy flow
- Use reflexology to improve immunity, treat illnesses, and reduce pain
- Integrate reflexology into your daily routine for a healthier, happier, more fulfilling life

With this informative and inspiring guide, you'll be able to use the healing power of touch to bring relief and comfort to yourself and others, while restoring balance throughout the body, mind, and spirit.



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Vernie Ruiz:

Have you spare time for the day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a wander, shopping, or went to the Mall. How about open or even read a book eligible Yoga Journal Presents Your Guide to Reflexology: Relieve Pain, Reduce Stress, and Bring Balance to Your Life? Maybe it is to become best activity for you. You know beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have some other opinion?

Deb Valdez:

Are you kind of stressful person, only have 10 or maybe 15 minute in your morning to upgrading your mind skill or thinking skill actually analytical thinking? Then you have problem with the book as compared to can satisfy your short time to read it because this all time you only find guide that need more time to be study. Yoga Journal Presents Your Guide to Reflexology: Relieve Pain, Reduce Stress, and Bring Balance to Your Life can be your answer given it can be read by a person who have those short spare time problems.

Dennis Ross:

In this age globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Yoga Journal Presents Your Guide to Reflexology: Relieve Pain, Reduce Stress, and Bring Balance to Your Life this book consist a lot of the information with the condition of this world now. This book was represented how does the world has grown up. The language styles that writer use for explain it is easy to understand. Typically the writer made some exploration when he makes this book. Here is why this book ideal all of you.

Jamie Harper:

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