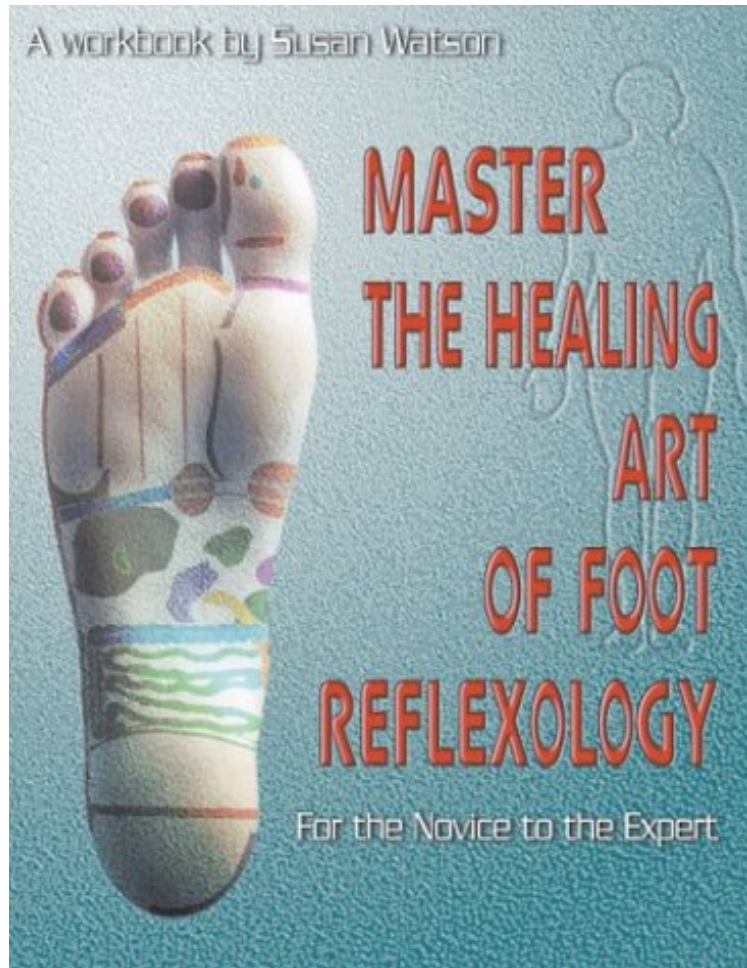


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Master the Healing Art of Foot Reflexology: For the Novice to the Expert

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1 of 1 people found the following review helpful. very good purchaseBy Fractal CatNew to reflexology, I purchased this book in mid-october before taking any certification classes. It helped me to prepare, although nothing could really prepare me for the actual experience of the classes, and now that I am getting my feet under me with this modality, I revisited the book and found it even more awesome. This is really a good book for a beginner to reflexology like I am, and it is probably good for someone experienced as well, but there is no way I could make a claim about its usefulness to someone with experience, not being in that place. She includes a lot of information about and pictures of the body

from a straight anatomy standpoint, then relates them to reflexology. the text is nice and big, so if your eyes aren't great, you don't need a magnifying glass. there are some nice plasticized charts in the back of the book as well.5 of 5 people found the following review helpful. Reflexology UnderstoodBy Lorraine GrahamSusan Watson takes the complex subject of reflexology and teaches in layman terms how to easily understand and practice the healing art of reflexology.

Book by Watson, Susan