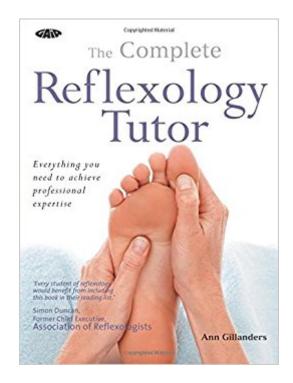


The book was found

The Complete Reflexology Tutor: Everything You Need To Achieve Professional Expertise





Synopsis

Endorsed by the Association of Reflexologists, this complete course is ideal for anyone looking to start out in the field. With 30 years of experience, Ann Gillanders expertly leads novices through the reflex points for the body systems, explaining how the treatment works to cure common ailments, and how to use it effectively in special cases such as pregnancy, mental illness, and stress. This all-encompassing guide is packed with tips on everything from mastering the very basics to setting up your own practice, and the extensive case studies add inspirational and helpful advice. Illustrated in color throughout, this is the one-stop manual for all students and practitioners of reflexology.

Book Information

Paperback: 256 pages Publisher: Gaia (January 1, 2008) Language: English ISBN-10: 1856752836 ISBN-13: 978-1856752831 Product Dimensions: 7.8 x 0.8 x 10.2 inches Shipping Weight: 1.9 pounds (View shipping rates and policies) Average Customer Review: 4.7 out of 5 stars 33 customer reviews Best Sellers Rank: #269,088 in Books (See Top 100 in Books) #193 inà Â Books > Health, Fitness & Dieting > Alternative Medicine > Massage #388 inà Â Books > Literature & Fiction > History & Criticism > Books & Reading > General #967 inà Â Books > Medical Books > Psychology > Psychotherapy, TA & NLP

Customer Reviews

Ann Gillanders is a world-renowned reflexologist and author of best-selling reflexology books. She is principal of the British School of Reflexology and editor of Healing Points magazine. Ann has been treating patients for over 30 years and training therapists around the world since 1980. Location: Chelmsford, Essex.

I am not a reflexology student, just a normal person dabbling un some interesting topics. I love the illustrations and descriptions, including the history of reflexology. I have practiced some of the exercises on my toddler, and she loves the foot and hand massages. In fact, that's how she often falls asleep. Book well done!

A valuable resource for my learning. I am currently studying to become a qualified Reflexologist. Impressed with the overview of the body systems and the inclusion of a chart to target various ailments.

My husband surprised me with "The Complete Reflexology Tutor" book at Christmas! I love reading it and learning all the different techniques on how to make our bodies well. It is very informative, and the illustrations are very detailed. It is highly recommended for anyone with interest in reflexology!

My mom is 86 1/2 years old and this book has helped her a great deal with some pain relief. What a blessing.

I'm a student of reflexology and know that this book will be a wonderful resource throughout my learning process and beyond. Recommended!

good pictures and plain language that is easy to understand. More details than I expected but very welcomed. Came quickly.

So many wonderful pictures to helpful information to guide you.

I am familiar with reflexology and found this to be informative to me but excellent for a beginner as well.

Download to continue reading...

The Complete Reflexology Tutor: Everything You Need to Achieve Professional Expertise Foot Reflexology: A Complete Guide for Foot Reflexology Self Massage Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health Reflexology: The Absolute Beginners Manual that Will Help Weight Loss, Eliminate Tension, and Relieve Pain by Applying Reflexology Techniques from Ancient ... As Treating Illness Using Natureââ ¬â,,¢s Cure) Roads: An Anthropology of Infrastructure and Expertise (Expertise: Cultures and Technologies of Knowledge) Expertise in Nursing Practice, Second Edition: Caring, Clinical Judgment, and Ethics (Benner, Expertise in Nursing Practice) Italian Tutor: Grammar and Vocabulary Workbook (Learn Italian with Teach Yourself): Advanced beginner to upper intermediate course (Tutor Language Series) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Law 101:

Everything You Need to Know About American Law (Law 101: Everything You Need to Know about the American Legal System) Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential AND HOW YOU CAN ACHIEVE YOURS Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library) Everything Havana 2017: Everything You Need To Know Before You Go Complete Reflexology for Life The Areas of My Expertise: An Almanac of Complete World Knowledge Compiled with Instructive Annotation and Arranged in Useful Order Gift Basket Design Book: Everything You Need To Know To Create Beautiful, Professional-Looking Gift Baskets For All Occasions Avatar's Guide to Beach Volleyball: Everything you need to know about the sport from the only professional player that writes Blackjack: Everything You Need To Know About Blackjack From Beginner to Expert (Blackjack Professional Guide) ASPCA Complete Guide to Cats: Everything You Need to Know About Choosing and Caring for Your Pet (Aspc Complete Guide to) CPT 2016 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) Step-by-Step Medical Coding 2017 Edition - Text, Workbook, 2017 ICD-10-CM for Physicians Professional Edition, 2017 HCPCS Professional Edition and AMA 2017 CPT Professional Edition Package, 1e

Contact Us

DMCA

Privacy

FAQ & Help