Record Nr. UNINA9910787182103321 Autore Williamson Jan **Titolo** The complete guide to precision reflexology / / by Jan Williamson Pubbl/distr/stampa London:,: MA Healthcare Limited,, [2010] ©2010 **ISBN** 1-85642-469-3 1-85642-468-5 Edizione [Second edition.] Descrizione fisica 1 online resource (138 p.) Disciplina 615.8224 Soggetti Reflexology (Therapy) Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Nota di bibliografia Includes bibliographical references. Nota di contenuto Cover; Contents; Front matter; Title page; Publisher information; Dedication; Acknowledgements; Preface; Foreword; Introduction to the Second Edition; Body matter; Chapter 1: Reflexology; Chapter 2: Precision reflexology; Chapter 3: Balance and harmony; Chapter 4: Framework: Chapter 5: Movement: Chapter 6: Communication: Chapter 7: Fuel; Chapter 8: Vital energy; Chapter 9: Nourishment; Chapter 10: Reproduction; Chapter 11: Protection; Chapter 12: Sensations; Chapter 13: Precision reflexology: Procedure and charts: Chapter 14: Complete holistic healthcare Chapter 15: Precision reflexology: A complementary therapyChapter 16: The 'unseen': Advanced precision reflexology; Back matter; Also available Sommario/riassunto This edition provides a complete guide to precision reflexology, covering the basic techniques and knowledge and now includes a new chapter on the latest advanced techniques which have developed in recent years by the author. Redesigned into a user friendly format. Photos have been updated throughout. This text is appropriate for those practitioners already using this technique and for those who have yet to discover it. Precision Reflexology holds the same rationale as other forms of reflexo...