

1. Record Nr.	UNINA9910823751003321
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
Note generali	Description based upon print version of record.
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 therapy Chapter 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...