



Feet First: A Guide to Foot Reflexology

Laura Norman

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In *Feet First*, America's foremost reflexology spokesperson on radio and TV -- and in publications from *The New York Times* to *Cosmopolitan* -- explains how to relieve physical problems -- from headaches and insomnia to high blood pressure and weight loss -- with this easily accessible and popular holistic technique. Showing how everyone can use reflexology to reduce stress, revitalize energy, strengthen the immune system, stimulate creativity, and enhance relationships, Norman also includes:

- * descriptions of the reflex points, the six basic techniques, and easy-to-learn specialized and master routines.

- * 32 foot-relaxation techniques, most of them unique to Norman's program

- * specific chapters and techniques for stress, sports injuries, addiction problems, the terminally ill, women, and couples

- * visualizations, affirmations, and children's games to use with the routines

- * a chart of ailments and reflexology aids for them

Feet First is the only reflexology guide designed for everyday situations and people -- from office workers on a lunch break to families caring for an aged relative. This special kind of "touch therapy" strengthens the bonds between those who use it together.

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Lupe Ware:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Feet First: A Guide to Foot Reflexology, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

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