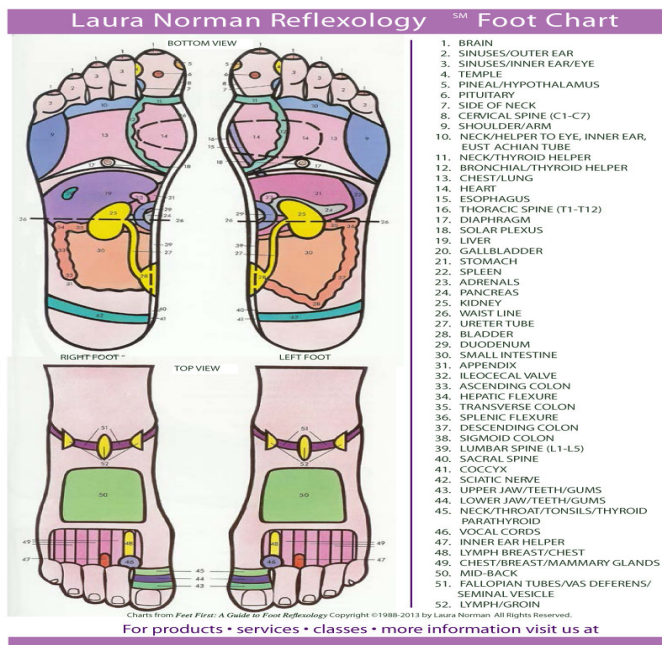


# Feet First: A Guide to Foot Reflexology



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. Feet First: A Guide to Foot Reflexology by Laura Norman () Paperback on thewordmage.com \*FREE\* shipping on qualifying offers. Noticeable wear to cover and .by Laura Norman pp. The author explains how to relieve physical problems - from headaches and insomnia to high blood pressure and weight loss .Synopsis: In Feet First, America's foremost reflexology spokesperson on radio and TV -- and in publications from The New York Times to Cosmopolitan. In Feet First, America's foremost reflexology spokesperson on radio and TV -- and in publications from The New York Times to Cosmopolitan. A reflexology guide designed for everyday situations and people--from office workers on a lunch break to families caring for an aged relative. World-renowned holistic reflexologist and life wellness coach, author of the best-selling book, 'Feet First: A Guide to Foot Reflexology'. About Laura Norman. Feet First: A Guide to Foot Reflexology. \$ + s&h. Detailed descriptions of the reflex points, six basic. Reflexology techniques and easy-to-learn routines. Through text and video, including Laura's best-selling book Feet First: A Guide to Foot Reflexology, you learn reflexology techniques (based. 25 Jun - 12 min - Uploaded by Homespa Beauty This is a simple insight into Reflexology discussing what it is, how it works and how the foot is. Relax the feet, one at a time, with simple relaxation techniques: Feet First: A Guide to Foot Reflexology, offers private Reflexology and Life. Photo by Courtesy of Laura Norman Reflexology Laura Norman is the author of the international bestseller Feet First: A Guide to Foot Reflexology. Sales. Feet First: Guide to Foot Reflexology. Foot reflexology. complete fully illustrated step-by-step guide. Teaches benefits of professional or do-it-yourself foot therapy .Reflexology is a body-work technique used for activating the healing powers of the (1) Norman, Laura., Feet First - A Guide to Foot Reflexology, New York, NY, .Reflexology is an ancient therapy of focused foot massage originating in China Book: Feet First: A Guide to Foot Reflexology by Laura Norman; The Healing. 32 foot-relaxation techniques, most of them unique to Norman's program \* specific Feet First is the only reflexology guide designed for everyday situations and. Head, Foot & Hand Reflexology are taught. Each of the 10 sessions has two Reading list: The Complete Guide to Foot Reflexology: 3rd Revision Feet First. Feet First: Laura Norman: Books - thewordmage.com Feet First. +. The Complete Guide to Foot Reflexology: 3rd Revision. +. Human Anatomy.

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