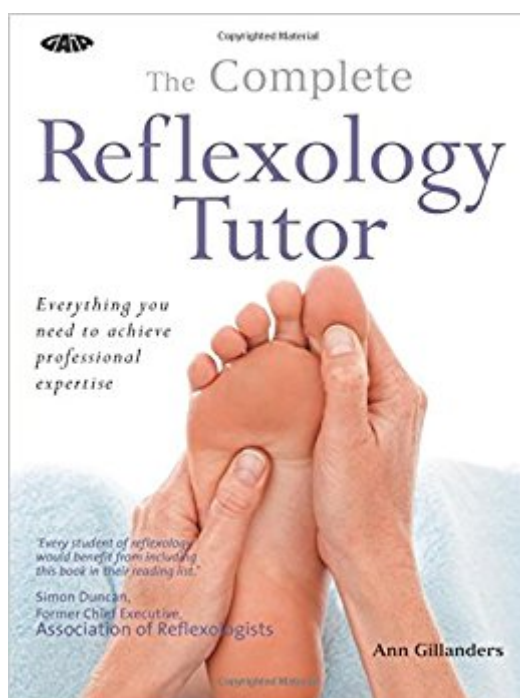


The book was found

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

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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 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#) #388 in [Books > Literature & Fiction > History & Criticism > Books & Reading > General](#) #967 in [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.

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