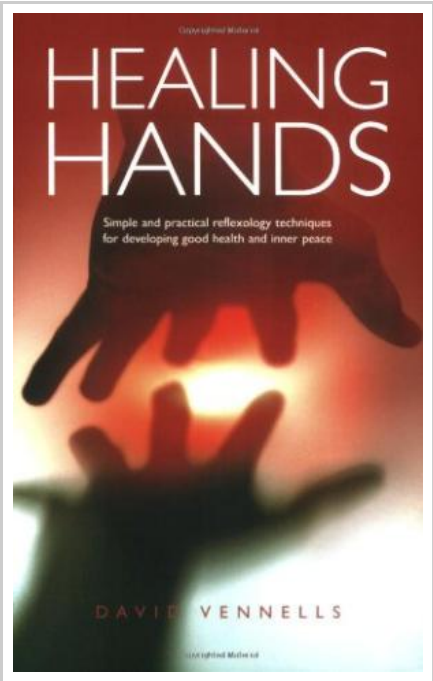



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# Healing Hands: Simple and Practical Techniques for Developing Good Health and Inner Peace

By David Vennells

John Hunt Publishing. Hardback. Book Condition: new. BRAND NEW, Healing Hands: Simple and Practical Techniques for Developing Good Health and Inner Peace, David Vennells, Hand reflexology is one of the most well-known and respected complementary therapies, practised in many hospitals, surgeries, hospices, health and healing centres, and is enjoying a growing popularity. Healing Hands explains the simple techniques of Hand Reflexology so clearly, with the aid of illustrations, that "within a few days the reader could be competently treating themselves or others." It is aimed at those interested in learning the practical techniques (how to give yourself and others a full treatment), and also includes the fascinating history of reflexology, how it works with the hands and the various things we can do to support the healing process. The book is also designed so that, as the reader learns the techniques step by step, they can gradually increase their knowledge of anatomy and physiology, together with developing a more accurate awareness of the hand reflexes and how to treat them accurately and successfully. There is a great deal of information to those who already have experience and the detail is such that those embarking on a reflexology course could use...

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