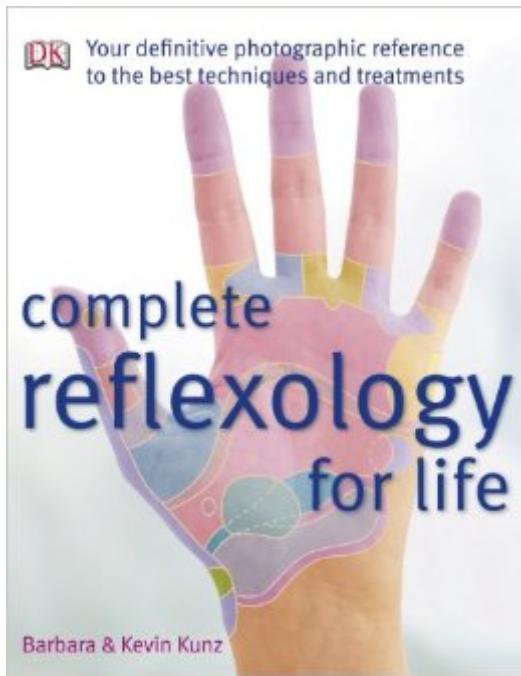


The book was found

# Complete Reflexology For Life



## **Synopsis**

Written by Barbara and Kevin Kunz, world-renowned names in reflexology, this comprehensive guide teaches you how to work reflexology into your busy daily routine. Featuring fully illustrated reflexology sequences for all ages and different scenarios, this calming, relaxing technique will help you forge stronger bonds with everyone in your life, and bring about gentle healing through touch.

## **Book Information**

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ (81 customer reviews)

Best Sellers Rank: #28,074 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage

## **Customer Reviews**

I have searched reflexology books for years and have purchased many. This is the best book on reflexology on the market! It includes both hands and feet with detailed descriptions and easy to follow healing techniques. The pictures make it easy to pinpoint locations on the feet and hands. Do not hesitate, this book is worth the purchase!!

I promised myself to get only two books on reflexology, and "Complete Reflexology for Life" is tempting me to look no further. For the armchair reflexologist, this book is tops. The best part? The self-help section, which details in steps complete programs for your hands and feet--a do-it-yourself with great photos! The other sections focus on preparation, specific injuries and specific age groups. So you can help your friends and family enjoy the reflexology experience as well.

This Reflexology book by Barbara Kunz is a great book. Some may wonder then why did I give it a four star? The Kunz's book is a great guide for those interested in Reflexology. It gives a simple history of the art of Zone Therapy, it has wonderfully colored diagrams and instructions on how to go about practicing it. Yes wonderful, but that is all it has. I was hoping for a book that went indepth

about the Human body, it's systems and how and why reflexology helps with disorders in these areas. This book seemed to me dedicated for beginners but beginners with a background, a more advanced group of people. The absolute newbie would not understand why this therapy or how this therapy works with the body. For all of you who found this book a bit thin on info. I recommend The Complete Reflexology Tutor by Ann Gillanders. If you read this book before or even after the Kunz's the mysteries of Reflexology will dissipate. Ann Gillanders does a wonderful job delving into the body and how Reflexology works with it. There is no guess work and a chock full of wonderful simple info. as there should be in any self guide/help book. Complete Reflexology for Life is a great book, but works better as a companion book. It should not be your only Reflexology book. Try this with Ann Gilanders book. You will not be dissapointed and will only reap the benefits of knowing a little more. Complete Reflexology Tutor: Everything You Need to Achieve Professional Expertise, Enjoy.

The Kunz's have again produced a book that is colorful, easy to use and full of information with pictures and charts that are easy to follow. This book contains not only information for foot and hand reflexology, but I like the section on reflexology for every life stage especially. It gives the professional clear information for helping people where ever they are in life. They give clear instructions for self-help which I find helps the client become a partner with the reflexologist.

Good colourful photo's. Good information and tips throughout! For those in training for reflexology don't hesitate in buying this book.

Shortly after purchasing this book I awoke with a headache one morning so I decided to linger in bed for a little bit and read my new book Complete reflexology for life. After the first few pages I decided to surf through to see if I could find some technique to employ to cure my headache. I briefly read up on it and put the technique into action. After 2 attempts my headache disappeared. I was amazed. This is an excellent book. It is easy to understand and well illustrated.

Initially, I borrowed this book from the local library and ended up buying one. I was very impressed by the excellent illustrations and instructions. Highly recommend.

This is the consummate book on reflexology, but written for the lay person. As you can see by the cover, the hand and foot charts are colorful and easy to read, plus there are plenty of photos for

placement and technique. This would be a good reference book for someone who wants to practice reflexology on a loved one, or as in my case, choosing self help. There's even a section listing some common health issues such as migraines, depression, fibromyalgia, insomnia, allergies and more. Well worth the investment.

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