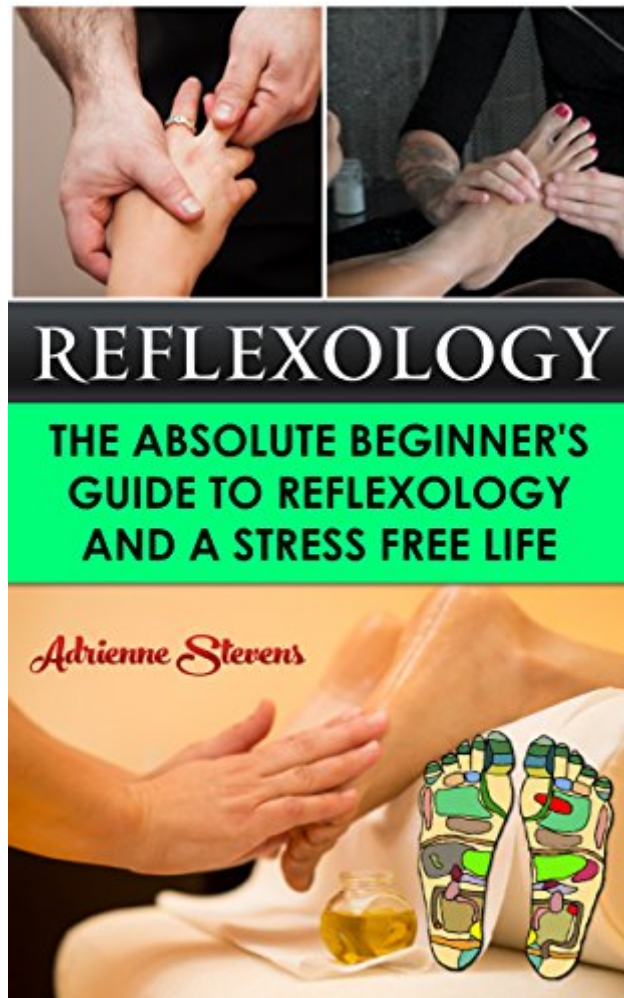


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Reflexology: The Absolute Beginner's Guide To Reflexology And A Stress Free Life



Synopsis

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Reflexology (FREE Bonus Included)
The Absolute Beginner's Guide to Reflexology and a Stress Free Life
There is a lot to be said for something that takes place in your own body, and reflexology is one of those things. Think of a method of reducing stress and healing yourself that is going to make you feel better, won't cost you an arm and a leg to get done, and won't require you to take any medications. This is a better way to deal with stress for a variety of reasons. It has been around for thousands of years, it is safe to be practiced on everyone, it doesn't matter if you are young or old, pregnant or not, overweight or underweight, anyone is going to benefit from this manner of stress reduction. In this book, you are going to learn the core points to reflexology, how to use it on your own body, and what it is you are going to be able to do with it. You don't have to have any experience in massage therapy, in fact, you don't even need to know what reflexology is to benefit from the things in this book. All you need is a willingness to learn, time to practice, and to pay attention to the stress that is being reduced in your life. You are going to feel better, sleep better, and see an increase in the performance in your day. and see an increase in the performance in your day. You will be more alert at work, you won't feel as tense, and you are going to get through your day, not only easier, but flourishing. This is going to take your day from existence, to thriving. Learn the key points to reflexology Get an overview on the topic, and learn how to use it in its most basic form Learn the chart to the feet, and how it pertains to the rest of the body Learn the chart to your hands, and how to use that in your body Learn the chart to the ears, and how to use that in your body Learn how to pull it all together and use it in a practical way And more! Download your E book "Reflexology: The Absolute Beginner's Guide to Reflexology and a Stress Free Life" by scrolling up and clicking "Buy Now with 1-Click" button!

Book Information

File Size: 1826 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 28, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01B8F4UCE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #677,325 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

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