



## 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...

**DOWNLOAD**



 **READ ONLINE**  
[ 6.33 MB ]

### Reviews

*Undoubtedly, this is the finest job by any article writer. it had been written very perfectly and beneficial. Its been printed in an exceedingly simple way in fact it is only following i finished reading this ebook by which basically modified me, modify the way in my opinion.*

-- Lane Dicki

*This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Ms. Fatima Erdman

## Other Books

---



### [DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...

---



### [The Birds Christmas Carol \(Paperback\)](#)

BOOK JUNGLE, United States, 2009. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin was an American children s author and educator. She started the first free kindergarten in San...

---



### [Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned \(Paperback\)](#)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....

---



### [Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook \(Paperback\)](#)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...

---



### [Sweet and Simple Knitting Projects: Teach Yourself: 2010](#)

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Sweet and Simple Knitting Projects: Teach Yourself: 2010, Sally Walton, Is this the right book for me? This practical guide to knitting covers everything from simple stitches to the latest and...

---



### [A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half \(Paperback\)](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...