



# The Everything Reflexology Book

*Valerie Voner*

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Valerie Voner

## The Everything Reflexology Book Valerie Voner

Now you can bring relief and comfort to yourself and others with easy-to-follow reflexology techniques. *The Everything Reflexology Book* walks you through the basic principles of this ancient practice and teaches you how to use the healing power of touch right in your own home.

Provides professional instruction on how to:

- Utilize thumb-walking, knuckle presses, clapping, and other touch techniques
- Identify the zones and meridians that correspond to specific body parts
- Alleviate ailments through foot reflexes
- Balance energy flow throughout the body

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