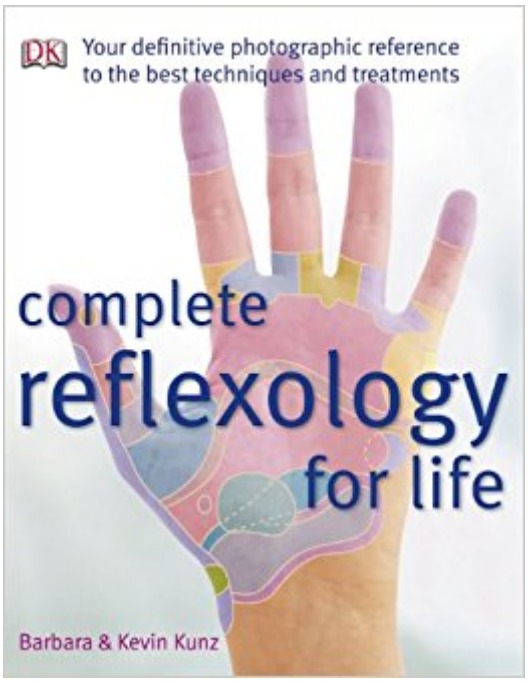
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Complete Reflexology For Life



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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: 4.7 out of 5 stars 99 customer reviews

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Customer Reviews

Kevin and Barbara Kunz have been pioneers in the research, teaching, practice, regulation and documentation of reflexology for over 30 years. Barbara and Kevin are co-directors of the organization Reflexology Research; co-editors of the organization’s journal, Reflexions, now in its 21st year of publication; and maintain three websites which between them have 7-8 million hits. They run a reflexology practice in Santa Fe, New Mexico. Their first book for DK Reflexology: Health at Your Fingertips has sold 350,000 copies in 16 languages.

Terrifically helpful book. I will do Reflexology now! I didn’t know how much I could impact my health for longevity and total help until I read this book and began to use the techniques on my own feet! It doesnt hurt! You can do this sitting down! What more could one ask besides getting better, getting less pain, getting more relief?!Unlike many self help books, this has honestly helpful information that one can do. And you can go to the web page and ask questions and learn more! If you live in Albuquerque, you can schedule a conference with the Kunzs in their office.

This book is wonderful. Great direct information, and full of how to photos. If interested in reflexology

this is the book I would recommend.

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.

This is the consumate 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.

Good images and information but was difficult for me to follow. I prefer "The Complete Reflexology Tutor: Everything You Need to Achieve Professional Expertise."

Im new to reflexology but these techniques are well explained & to everyones surprise, WORK! The look on some peoples face when the backache just disappears with a simple touch! The session examples & real world applications are wonderful

It gives adequate information to practice some of the features of Reflexology. In 1941-42, I was first attended by a practitioner that solved my allergy and conditions in less than 24 hours. The title changed to Reflexology but the respect for it and knowing some thing to help my years of good life has meant NO headaches or some good help for minor problems that keep people on drugs or pain relief pills. Feels good enough as well to make the help soothing.

Excellent book!

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