



Reflexology and Acupressure: Pressure Points for Healing (Hamlyn Health & Well Being)

Janet Wright

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A practical guide to the drug-free, hands-on therapies of reflexology and acupressure - Endorsement by expert consultant therapists - Easy-to-follow treatments to combat everyday ailments - Gentle treatment tips to suit everyone, including children and the elderly - Fully illustrated and presented in a handy format for ease of use

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