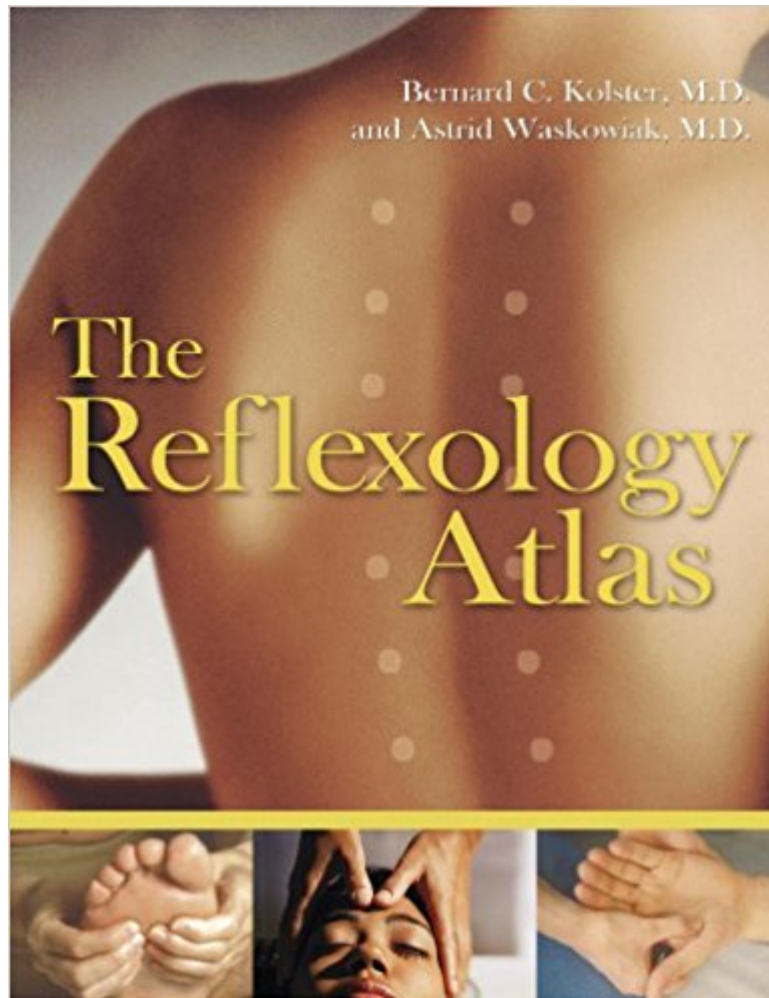




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# **The Reflexology Atlas**



## Synopsis

A fully illustrated and comprehensive reference guide to the many different kinds of reflexology

- Provides reflexology treatments tailored for a wide variety of common health disorders
- Contains step-by-step instructions illustrated in full color

Of all the ancient practices that have been revived by the growth of alternative healing, reflexology is one of the most popular. It is easy to learn, can be applied anywhere, and is especially well-suited to self-treatment or the treatment of a partner. It is also excellent for the treatment of children. The Reflexology Atlas is the first comprehensive reference guide to provide an overview of and instructions for the many forms of reflexology--foot reflexology, hand reflexology, ear reflexology, head reflexology, and the total massage known as Shiatsu. Reflexology provides a quick and effective treatment for many of the health disorders experienced by people in today's world. Among the treatments included by Drs. Kolster and Waskowiak are reflexology techniques for allergies, joint problems, headaches, back pain, sleep disorders, and heart and circulatory problems. The Reflexology Atlas puts these techniques at your fingertips with its step-by-step instructions illustrated in full color.

## Book Information

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## Customer Reviews

In a grand gesture to the notion that everything old is new again comes this how-to guide on reflexology, a form of healing dating back to 2300 B.C. Translated from the German in a concise, fluid format, medical doctors Kolster and Waskowiak map out a system for therapeutic massage of the feet, hands, ears or head to implement healing effects bodywide. Working much like

acupuncture, reflexology divides these areas into meridians that correspond to specific organs, muscles and tissues. Making correlation easy, the book provides succinct charts of the areas to be massaged. The accompanying photographs, though not exactly works of art, are clear and precise. Each major section ends with a helpful roundup of the most important points to remember. Refreshingly, the book offers no outlandish promises of healing or even rejuvenation; instead, it plainly spells out the potential benefits while reminding readers throughout that the best results can often be seen when the techniques are used as an adjunct to conventional medical care. Still, those seeking to remedy headaches, back pain, insomnia or weak knees might do well with the solutions featured here alone. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

". . . those seeking to remedy headaches, back pain, insomnia or weak knees might do well with the solutions featured here." (Publishers Weekly, Oct 17, 2005)"This would be excellent for a classroom teaching guide, or for anyone who wants to learn these methods of healing. I cannot overstress how beautifully illustrated, clear and concise the diagrams and photographs are. You will not be disappointed with this book in any fashion." (Qetesh, TCM Reviews, Feb 2006)"[The Reflexology Atlas] provides reflexology treatments tailored to a wide variety of common health disorders, and it contains concise and easy-to-understand, step-by-step instructions illustrated in full color. The book is an easy way to get started, yet it is quite comprehensive." (SirReadaLot.org, Feb 2006)"THE REFLEXOLOGY ATLAS provides a fine oversized, beautifully illustrated atlas of reflexology forms covering every part of the body from toes to head, including shiatsu massage. A symptom section applies reflexology treatments to common disorders, while step-by-step instructions for the massage techniques provides clear discussions of bones, massage zones, and much more." (Diane Donovan, Bookwatch, April 2006)"Although this oversized book is intended for the general public, its large color photos and clear technique descriptions will appeal to any bodyworker interested in reflex points and meridians, and how to manipulate them to help clients." (Massage Magazine, June 2006)"The Reflexology Atlas may not easily fit in your bookshelf, but you will never notice because it will always be open on your desk." (Spirit of Change, Fall 2006)"A very easy to comprehend book with simple step-by-step information. Recommended for your health library." (Making Scents, Creations Magazine, Summer/Fall 2006)"The Reflexology Atlas is an excellent and well-organized reference manual, comprehensive in scope, yet nontechnical in style, for laypersons wishing to learn reflexology for personal use." (Kathy Heckler, The Mellow Muse, New Age Retailer, Oct 2006)"I highly recommend this book to all reflexologists." (Virginia Herring, LMT, Massage Today,

Nov 2006) " . . . highly informative, clearly written, easy to understand, and well designed. . . . This is an excellent book. If you are interested in Reflexology, this is a book to add to your library." (Mike Gleason, Witchgrove, March 2007) "Especially impressive and valuable to the reader or practitioner are the illustrations. Drawings of the bones of the feet as well as the reflex points are superimposed over photographs of the feet and/or hands. The photographs in the book are extraordinarily helpful. These are probably the most helpful reflexology maps that I have seen or used." (Jessica Teel, reviewer, Nov 2008)

This is a good reference book to have if you want to learn about reflexology. It covers all areas of the art. Foot, hand, head and body reflexology is covered in this book. Reflexology is not just about the feet. I would recommend this book to anyone who wants to learn about reflexology.

Thank you for your book. We were burned out...and I lost many of my medical books...so I am glad that I can buy new ones to replace my lost ones...as I was hit on head by an 18# cannonball that fell from 24ft standpipe...so I need all the help I can get...to study and learn. Thank you!

Here is one of the best overviews I have seen explaining reflexology using the hands, feet, ear and head as well as a section on Shiatsu. The book is beautifully done and could be used as a gift, with large well-coloured pictures, artistic diagrams and easy to read and thorough text. The techniques of reflexology are very well illustrated and explained. All illustrations are actual photographs of a person giving a treatment and are large and clearly shown. Each finger technique used in reflexology is photographed and the area on the foot or hand or ear is also diagramed next to it. This method would help a beginner to easily associate the area of the foot and the corresponding body area it represents. The appendix has full page diagrams of feet, hand, ear and head reflex points in colour that one could easily glance at to find a point. This book is readable, interesting and does a great job of showing the different reflexology points as well as giving a good description of shiatsu and an explanation of a shiatsu session. It could be used for a long time as a reference guide or initially as a self-taught course. The authors are both doctors living and working in Germany; Kolster is a physical therapist and doctor specializing in the various forms of reflexology. I highly recommend this book to those looking for an easy and thorough guide to basic reflexology and or Shiatsu. I did not give the book five stars because of its size (10"x13"), a bit big for using around a massage table. However, it is easy to see points at a glance and if the size is not an issue, this is an excellent resource and guide to learning reflexology thoroughly. Also, it would be easy to

copy the photos and shrink them for a small reference guide to use in therapy. Highly recommended for estheticians, massage therapists, parents, care-givers and anyone else looking to add a healing touch to a relationship.

This book has so much great information. It talks about how to work on the hands, feet, ears as well as the rest of the body. Some of the language is a bit technical so having an anatomy textbook or wikipedia available to look up certain structures would be helpful. Overall a really good book that gives a lot of information.

Wow ! This book is a huge book. I was surprised. So much useful information and detailed instructions with beautiful illustrations. Really happy!

Have you ever wondered how acupressure worked or wondered how your chiropractor knew where to press on you back or foot to help ease some discomfort. Well this book gives some great information on these pressure points and how to manipulate these areas for the best results. This would be a great book for any therapist or massage person to study to help you to better understand the areas of the body and how they relate to the feet, back, and hands.

I like the details in this book. It is a large size and has lots of pictures.

I bought this as a gift for my boyfriend who had a strong interest in learning about Reflexology. While the book is very detailed, he is still loving the reading material even though he has no prior experience. I would recommend buying this book if you are interested in the field!

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