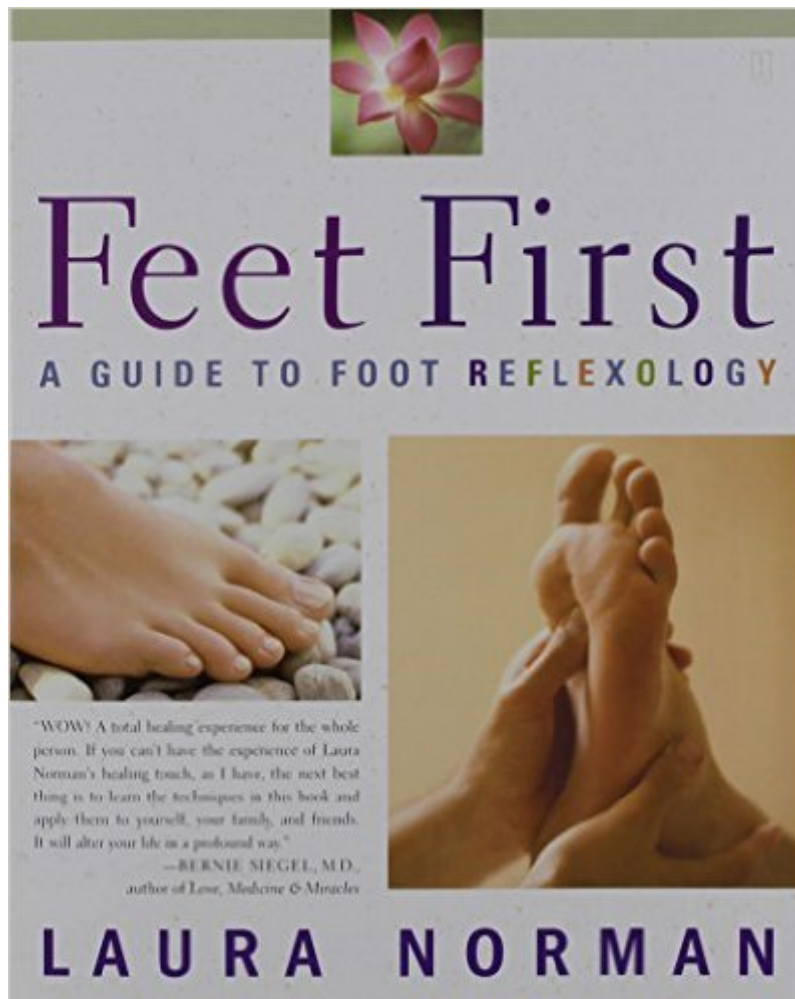


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# Feet First: A Guide To Foot Reflexology



## Synopsis

In Feet First, America's foremost reflexology spokesperson on radio and TV -- and in publications from The New York Times to Cosmopolitan -- explains how to relieve physical problems -- from headaches and insomnia to high blood pressure and weight loss -- with this easily accessible and popular holistic technique. Showing how everyone can use reflexology to reduce stress, revitalize energy, strengthen the immune system, stimulate creativity, and enhance relationships, Norman also includes: \* descriptions of the reflex points, the six basic techniques, and easy-to-learn specialized and master routines. \* 32 foot-relaxation techniques, most of them unique to Norman's program \* specific chapters and techniques for stress, sports injuries, addiction problems, the terminally ill, women, and couples \* visualizations, affirmations, and children's games to use with the routines \* a chart of ailments and reflexology aids for them Feet First is the only reflexology guide designed for everyday situations and people -- from office workers on a lunch break to families caring for an aged relative. This special kind of "touch therapy" strengthens the bonds between those who use it together.

## Book Information

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## Customer Reviews

This book is wonderfully written. I purchased this book for my introduction class to reflexology.. This book was basically a step to step guide on who to perform a full hour or longer foot massage I really enjoyed this book I learned a lot of useful step about the feet and what each area of the foot reperesented in chinese/ western foot mapping. I would recommend this book for anyone ( especially a beginner) that want to learn how to massage the feet.I give this book a eleven on a scale of one to ten!

This book is very complete and covers a lot of material in an easy to read format. It has a section with ailments and which part of the foot you need to focus on so you are constantly using the book for reference. Great pictures and diagrams. I recommend it to beginners because it is easy to read and understand and for the experienced person you need a good reference book. We have enjoyed this book in our family.

FEET FIRST is the ultimate book on reflexology, since Laura Norman is the ultimate reflexologist and she shares her techniques in this book. Reflexology is a philosophy which links every part of the body with a corresponding area on the foot, and soothes those body parts by a specialized method of foot massage. Everything one needs to know in order to master this ancient form of therapy is included in FEET FIRST. If one cannot get to Laura, using her method is the next best thing, because a Laura Norman reflexology session is like no one else's treatment. Afterwards, your toes will feel like singing!

The content itself is excellent. However the book is very difficult to read due to it being in red. It is very hard on the eyes and difficult to see.

I could hardly read this book fast enough; I wanted to learn the techniques yesterday! Reflexology appears to be a completely natural and beautiful way to share health with loved ones, friends and clients. I now use this book as a gift for newly-weds and new parents. In a time when people are "afraid of touch", reflexology could be taught to young children to satisfy our fundamental "need of touch".

I have this book in my massage bookbag so I have it with me on each call. I keep it for my clients who like to hear affirmations and also as a quick reference to conditions I haven't worked on before. The quick index with pictures to each condition is the best feature of the book; it has the primary and secondary reflexes per condition and the affirmation in the last column.

This is an excellent guide book. I highly recommend this book to anyone in the field of massage therapy, or who may be thinking of getting into reflexology. Great illustrations, very easy to read and understand. Wonderful ideas and example stories to refer to and use in daily activities.

This is a great book for the novice seeking to learn the basics of Reflexology. The author goes over a little of the history of Reflexology and how it can help a person with their whole health, gives maps of the body and shows how the feet mirror the body. She also talks about what Reflexology can't do. She then goes into how to manipulate the feet and in what order to perform the session. The chapters include information on stress, work and school, couple's, children, elderly, athletes, overcoming addictions, strengthening body systems, and terminal illness. There is a chapter on common conditions, however in my class I learned that one should treat the entire body and not focus only on one condition since the condition may have several causes. The book is a great way to enhance your knowledge of Reflexology even though you are not a licensed Reflexologist.

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