



The Pocket Encyclopedia of Healing Touch Therapies: 136 Techniques That Alleviate Pain, Calm the Mind, and Promote Health

Skye Alexander, Anne Schneider

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The Pocket Encyclopedia of Healing Touch Therapies is a convenient reference that will guide you in the art of healing yourself and others through 136 of the best healing touch techniques from reiki, reflexology, and acupuncture. Easy to understand and immediately applicable to everyday health concerns, from migraines and upset stomach, to anxiety and muscle aches, this guide gives readers an inexpensive, D.I.Y. approach to healing themselves.

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