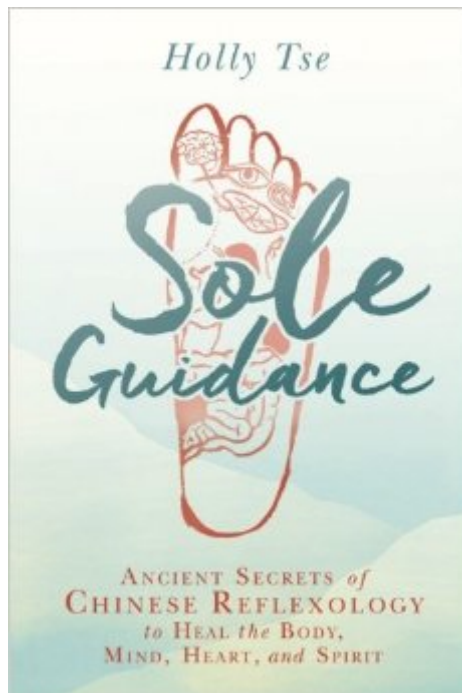


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# Sole Guidance: Ancient Secrets Of Chinese Reflexology To Heal The Body, Mind, Heart, And Spirit



## Synopsis

What if you could reverse disease - or learn how to avert it before its onset? What if, instead of aging, you could feel younger, stronger, and happier with each passing year? What if you could maintain your health for your entire life? What if all the secrets to health and longevity were on the soles of your feet? The wisdom in this book has been passed down from master to student for thousands of years, but now you too can benefit from the powerful Eastern practice of Chinese reflexology. This ancient therapeutic art of foot massage offers you a way to harness Universal Qi, a limitless source of healing energy, and restore yourself to balance, harmony, and health. Holistic healer and reflexologist Holly Tse brings new light to this millennia-old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way. Using clear illustrations and delightful step-by-step instructions, she'll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind, body, and soul: shifting the mind, healing with energy, and following your heart and soul. Sole Guidance is a fun, vibrant, and easy-to-understand guide to complete self-transformation from the inside out. Learn how to hear your inner guidance, connect with your "Dragon Spirit," discover what your body needs to heal and thrive, and revolutionize your life - simply by massaging your feet!

## Book Information

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## Customer Reviews

This book is really well written by Holly Tse. I love how she "talks", sharing her experiences (she knows when to stop!). I've read the book word for word, and again...bits and pieces for practicing

reflexology on myself and my family. I've dabbled in it before, but was never quite able to understand the "how" part. I would try, but was unsure if I was reaching the correct pressure points, applying the right amount of pressure, etc., so I don't think I was getting any benefit. With this book, it's totally different! I've had some shoulder pain, and I've worked the pressure points associated with the shoulder, and it's feeling better. I'm excited to try reflexology to prevent (and/or help relieve colds in the winter time). I feel that I am helping my body release energy blocks, as well as prevent new ones from forming, which in turn just makes me feel better holistically. Being in control of my health and well being, helping my body heal itself and hopefully prevent illness, is an amazing feeling! The printable color chart of the feet. You HAVE to download this. I checked out her website (which is also amazing!), and signed up for her emails, from that, she sends you a printable link for the chart. I put mine in a sheet protector and am referring to it quite frequently right now. It's a huge help:)

There is a tremendous amount of valuable information in this book -- it is SO much more than just a book about reflexology! However, I deducted one star\*\* from this review because there is no index, which makes it difficult to find the detailed contents. \*\*Hay House: if you read this review, please include an index in your next edition of this book.

I ordered "Sole Guidance" recently and my feet are tingling! I discovered Holly Tse's website and newsletter through Pinterest and that led me to ordering her book. I am thankful I did. A couple of months ago I wouldn't have considered foot reflexology but my soul knows what's good for me! I had known of the practice of Chinese foot massage but didn't realize I could learn to do it for myself until I came across this book. To have my energy back is one reason I got the book. There is so much more to be discovered in this enjoyable and easy reading guide. I have had the deepest, uninterrupted night's sleep the last three nights than I've had in a long time. I love and appreciate the work of Holly Tse's, "Sole Guidance".

Our poor aching feet, they want you to buy this book! Sole Guidance is a wonderfully written book about the art of Chinese reflexology that also leads the reader into developing inner guidance. Holly Tse's personality, passion and love of this energy work comes through. I loved her energy and enthusiasm as I read through this. I am a Tui Na practitioner and know how 'complicated' Traditional Chinese Medicine can seem to someone who is unfamiliar with it. Ms. Tse breaks it down in simple/easy to understand terms in a way that everyone will be wanting to work on their points. The

book starts with a short chapter on her journey to doing this work. The next chapter is a self assessment one, with exercises to check the three main points and help you pinpoint your current health condition. The following chapters include looking into how your mind affects your health and spirit, assorted client stories and the correct way on how to work the points. Don't worry about not being able to find the correct points. There are both written and illustrated instructions so that people who have never studied Traditional Chinese Medicine can find the points easily. Included are two core routines with twelve mini routines so that you can work on many issues from your first read through. If you sign up for the newsletter on her website [Chinesefootreflexology.com](http://Chinesefootreflexology.com), you will get downloadable color charts. Like other reviewers, the ONLY less than stellar thing about this book is the lack of an index. The charts do make reference to the chapters the points are in but don't include any page numbers. Readers will have to make themselves a list of the pages until they learn the routine.

This nicely written book presents an easy to master method of Chinese reflexology with a simple way to develop inner guidance. The author's own story is interesting and relevant and the book is filled with client anecdotes. There are ink illustration which make locating the accupressure points simple. The resource section contains charts of the two core routines as well as instructions for twelve mini routines to address short term issues ranging from insomnia to energy boost. However it really needs an index. The charts make reference to chapters no page numbers. So until you learn the routines, you will be thumbing back and forth trying to find the right page. Otherwise this is a good book with lots of usable information presented in an accessible style.

There is a wealth of material in this book that goes beyond just the physical dimension of reflexology. The author really takes a Holistic approach to health and healing. She begins with a short chapter (10 pages) on her own personal journey through difficult times, stress, and ultimately healing. This sets the tone for the overall book--but it also provides the reader with the knowledge that she has experienced many of the health ailments that this book sets out to heal. The second chapter includes three quick activities that check three main Chinese reflexology points to quickly assess your current situation--the author refers to this as "a snap-shot" of where you are right now. I really liked the fact that by page 29, I had already learned to location and apply pressure to three main reflexology points! Her directions and diagrams are easy to understand and follow. The next several chapters deal with "Why Healing Begins with Your Mind," "Letting Go," and "Believing and Choosing Health." I just browsed through these chapter because I am pretty familiar with those

aspects--plus I was eager to get to the reflexology stuff! At some point I will go back and read those more thoroughly. The author provides a solid foundation on the various Chinese Reflexology points found in the feet. While providing that foundation she interweaves mental and spiritual aspects of a healthy Body, Mind, Heart and Spirit! I highly recommend this book to anyone who is interested in learning how reflexology can help heal the body!

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(cooking, ... weight maintenance, weight watchers Book 1) Body Reflexology: Healing at Your Fingertips

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