

*Librería*  
***Bonilla y Asociados***  
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**Sinopsis**

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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.