



Feet First

A GUIDE TO FOOT REFLEXOLOGY



"WOW! A total healing experience for the whole person. If you can't have the experience of Laura Norman's healing touch, as I have, the next best thing is to learn the techniques in this book and apply them to yourself, your family, and friends. It will alter your life in a profound way."

—BERNIE SEEGL, M.D.,
author of *Love, Medicine & Miracles*



LAURA NORMAN

Feet First A Guide To Foot Reflexology

Jiyuan Zhang



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