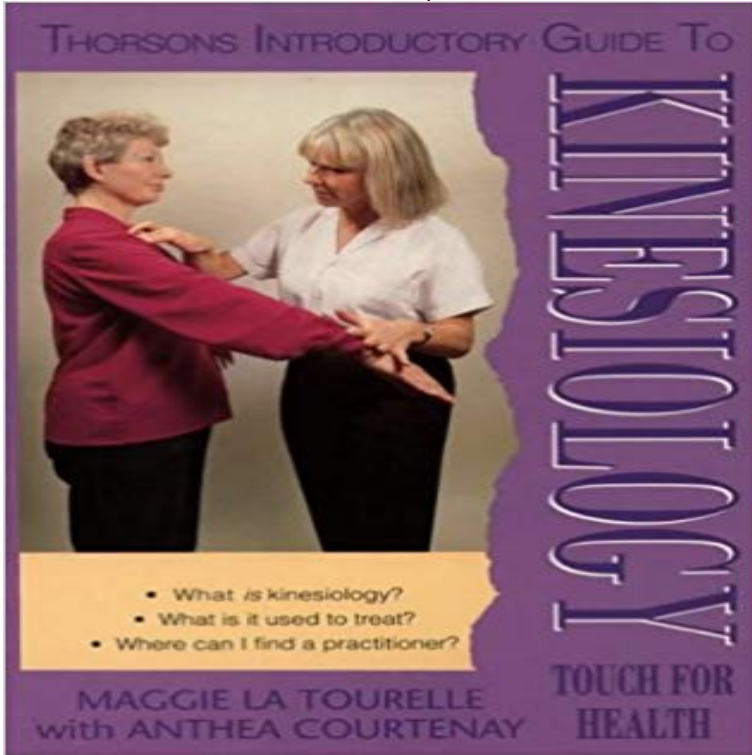


Thorsons Introductory Guide to Kinesiology



Kinesiology is the art of muscle testing, often known as touch for health. Concentrating on reflex and acupressure points, kinesiologists use specialized massage techniques to identify and correct energy blocks and imbalances. Whether you suffer from backache, stress related illness, or simply want to improve your sense of well-being and self-esteem, this book will explain how it works and where to find a therapist. Anthea Courtenay is the author of Natural Sleep.

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