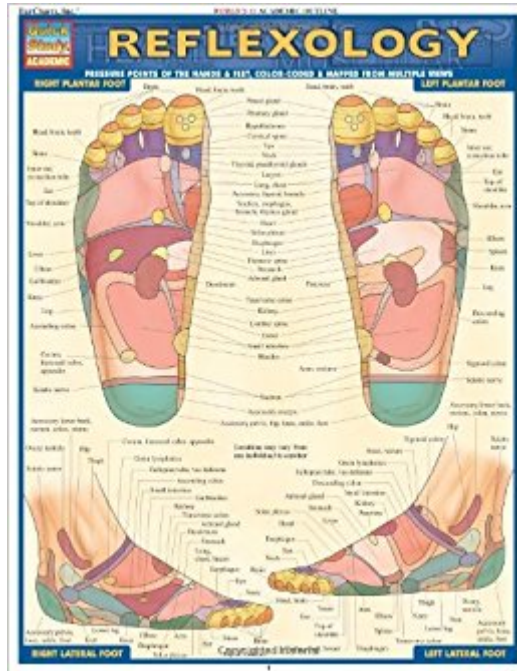


The book was found

Reflexology (Quickstudy: Academic)



Synopsis

Pressure points of the hands & feet, color-coded and mapped from multiple views. Chart is loaded with beautifully illustrated diagrams, clearly and concisely labeled for easy identification. Illustrations by award-winning medical illustrator Vince Perez. Chart includes detailed diagrams of:  plantar foot  lateral foot  palmar hand  lateral hand  dorsal hand  medial hand  dorsal foot  medial foot

Book Information

Series: Quickstudy: Academic

Misc. Supplies: 4 pages

Publisher: QuickStudy; 1 Chrt edition (November 21, 2005)

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Product Dimensions: 8.5 x 11 x 0.1 inches

Shipping Weight: 2.9 ounces

Average Customer Review: 4.7 out of 5 stars 387 customer reviews

Best Sellers Rank: #213,878 in Books (See Top 100 in Books) #147 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#) #315 in [Books > Health, Fitness & Dieting > Reference](#) #522 in [Books > Medical Books > Basic Sciences > Anatomy](#)

Customer Reviews

If you are a bodyworker and spend time working reflex points in the palms and soles then this chart is a fairly easy way to find the areas quickly. The chart is about the size of a regular sheet of paper and there are a lot of points charted. Sometimes it can be difficult to follow which line goes to which area as the lines are finely drawn. Sometimes I will hand the chart to the client so they can see which area is being affected. It's very useful in that regard.

The chart reached quickly after ordering. Points on chart were clearly defined and coloured chart made it easy to identify the different areas. However, so much detail made the chart feel crowded and overwhelmed the senses at times and forced you to concentrate much too hard to find what you are looking for. Over all a good effort but comparing with other chart I got, there is room for improvement. The quality thickness of the laminated chart should be improved for longevity purposes, even if you have to pay more. I am sure this chart will be used very often. If any body is

reading and listening to what I am saying ...please bring out a chart for sujok hand therapy there is a need for one.

I was so surprised to see how well put together this laminated poster arrived. It's very easy to follow and I especially liked how it gave different views (ie. side view, top view, bottom view). It makes you feel that you can really do this...seems so easy and it really works too!

Wish they had not pre punched this item. It was soaked by spilled liquid and it absorbed through the punches that went through the inner paper so that was very hard to dry out. Took days and days. Once dried you can't tell now it happened. But if it hadn't been punched no problem it was liquid tight. I ran it through a laminator I have to iron it out nice and new again. Overall except for the punches which I prefer to punch my own because I use a variety of binding methods or none at all for some of these items. It's clear and shows what I was interested in. Enough detail for me. I think some maybe feel different but what I wanted and didn't dissappoint at all. I'd recommend. Oh yes I'm not sure if this one came with a sticker slapped on some of the material but if it was one of those please don't do that. Or place it where there is no writing under it. The sticker I'm thinking off had to be removed with solvent and really it could have been much smaller as the sticker was huge for the amount of writing on it was tiny?

AWESOME reflexology quick guide for the feet! This is a GREAT companion to our reflexology book (which is just "black and white") because it is full color and EASY to find the areas you are trying to treat.

The photos I saw only showed the feet, however when I received the 8x11 chart - it opens like a book and on the inside it shows the hands. This is a great outline of the pressure points of the hands & feet, color coded & mapped from multiple views. Very informative. I also purchased the Rainbow Hand Reflexology/ Acupressure Massage Chart which has written information as well as pressure points but this one has a more descriptive outline. I am pleased that I purchased both. I would recommend them. Jesus' Blessings and Peace, Mary

Well wort the money, Easy to read, vinyl covered and exactly what I wanted.

I purchased this chart to go along with my foot RUBZ ball and found it was really easy to use. I liked

it so much I got another as a gift for my Father. It is easy to read and nicely laminated. I liked that it has hands on the other side. It is a much better chart than those in my reflexology books. I would recommend this to anyone interested in reflexology.

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