



BOOK REVIEW:
COMPLETE REFLEXOLOGY FOR LIFE
by Barbara and Kevin Kunz

When I read the title, my heart sank at what might have been mere hype – yet another “final” word on a therapy that rightly cautions against instant panaceas and other gimmickry.

So you can imagine my delight when a wealth of superbly presented photographs sprang from the inviting pages, reminding me that one resorts to words when other communication fails. There are not only excellent images but also easy-to-follow maps and charts to break up the well written text. The Kunz way of communicating is invigorating – just like reflexology itself. It works equally well for newcomers and established practitioners, and the authors have helpful and realistic suggestions for those who would like to help themselves.

Their book lets us **see** the benefits of reflexology for people of all ages – the benefits of what amounts to an affirmative approach to life; life one can touch, feel and see as it should be. What a privilege it is as a practitioner to be a channel for releasing healthy life in a natural way. As the authors put it – and illustrate so well – reflexology’s “wonderfully calming touch will also help you to forge stronger bonds with everyone you treat, friends, relatives, patients”. This is certainly a book I will use with clients, so that they can quickly appreciate the holistic programme that I devise with and for them. It’s accessible, flexible, and above all it brushes away any cobwebs that might have gathered on what might seem dry and abstract: the “principles and techniques” of reflexology.

“Complete Reflexology for Life” should be in the hands of every reflexologist – to share with any client as they plan a life-affirming programme together.

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