



**BOOK REVIEW:**  
**REFLEXOLOGY FOR BEGINNERS – HEALING THROUGH FOOT  
MASSAGE OF PRESSURE POINTS**  
David F. Vennells

David Vennells is an experienced reflexologist, Reiki teacher and Buddhist. He has used reflexology himself to aid recovery from Chronic Fatigue Syndrome.

This book is a useful tool for those who have a heartfelt wish to help themselves and others through reflexology. David includes a clear, complete illustrated set of instructions and explains the underlying principles of this energy-cleansing and balancing therapy. There is an extended chapter of interesting case studies and an excellent chapter entitled Disease and the Mind that examines some simple concepts and ideas on the subject of health and healing via a Buddhist perspective.

I thoroughly enjoyed reviewing this book and have found myself incorporating ideas from the chapter called Simple Meditations with my weekly meditation group.

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