



BOOK REVIEW:
HEALING TOUCH FOR CHILDREN
Mary Atkinson

As a reflexologist, Massage Therapist and a first time Auntie of just 3 weeks, I was delighted to be asked to review Healing Touch for Children by Mary Atkinson. The first thing that struck me about this book was the vast quantity of large illustrations that accompanied the text, which I believe is always a must when learning something new.

I found this book to very informative, providing background information on each therapy, a comprehensive range of techniques and examples of when treatment should and should not be offered. The section on 'Treating Common Aliments' offers a handy guide to childhood wellbeing issues and offers gentle, natural solutions to be used in conjunction with orthodox methods.

Touch therapy is simple, free and extremely beneficial to both parent and child. Many techniques can also be applied to family and friends too! I would highly recommend this book to therapists and parents alike.

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