



BOOK REVIEW:
MATERNITY REFLEXOLOGY MANUAL
Susanne Enzer

Susanne Enzer's passion and wealth of experience clearly shone through in her Maternity Reflexology Manual. The manual is designed as a practical guide for reflexologists who work with maternity clients. It covers the wide spectrum of maternity care from pre-conception, pregnancy, the incoming sole and pregnant feet, birthing and post-natal care as well as reflexology techniques for the baby.

The manual is incredibly informative, with lots of practical advice, useful tips and teaching of new techniques. The format and layout is easy to read and navigate, taking information in bite size chunks. The style of writing is informal and friendly and reflects Susanne's wisdom and knowledge in this area. It gives an impression of being a personal account written from the heart. It also gives a great insight into the emotions of all involved in the maternity process.

I found this manual fascinating and would recommend it to anyone interested or practicing maternity reflexology. I would suggest it is best read in conjunction with one of Susanne's Maternity courses.

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Available from most major book stores, including www.amazon.co.uk and www.waterstones.com.