



## Healing Yourself with Foot Reflexology

By Mildred Carter

Prentice Hall Press. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.9in. x 6.0in. x 1.0in. With over 40 years experience, Mildred Carter, along with her daughter Tammy Weber, teaches readers the time-tested methods of rubbing, pressing, pulling, and massaging for increasing physical and mental energy and achieving quick, natural relief from scores of common health problems. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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