



Finding Your Feet: How the Sole Reflects the Soul

Ann Gadd

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Examining the mind–body connection in specific relation to the chakras and feet, this treatment manual will appeal to both holistic professionals and dabblers. Key issues and ailments are listed for each particular aspect of the foot, along with further explanations and case histories—including overall shape, shoes, broken nails, calluses, footprints, and bunions. The format and illustrations allow for quick reference as well as in-depth insight when required.

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