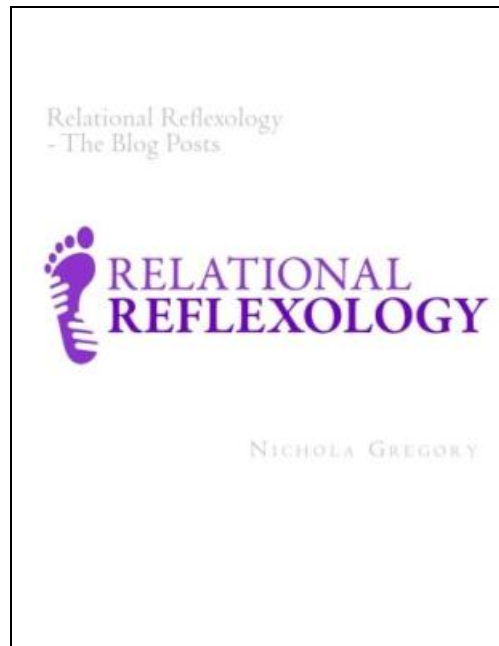


Relational Reflexology The Blog Posts



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 296 pages. Dimensions: 9.7in. x 7.4in. x 0.7in. As an avid reader of her blog, I was delighted to discover that Nichola Gregory has published *Relational Reflexology: The Blog Posts*, a compilation of her posts, aimed at increasing the reflexology practitioners understanding of this extraordinary technique. In addition to being a professional reflexologist, Nichola is a professional counsellor and takes the reader down fascinating pathways that highlight ways in which the human brain and body can react to instances of affiliative, interpersonal touch. This form of supportive reflexology is presented as a complex, multi-dimensional therapy and definitely fulfils one of her aims which is to draw attention to the associated importance of practitioner self-development. Much of the material contained in *The Blog Posts* is aimed at increasing the reflexology practitioners understanding beyond the scope of the standard professional practitioner reflexology course. Nichola encourages the professional reflexology practitioner to explore and research beyond the recipe format if she is serious about improving hisher confidence and clinical outcomes. Nichola explores concepts and ideas based on recent research (not just within reflexology) with the intention of making us better practitioners, able to apply the principles of reflexology with greater efficiency, get better results, and target our treatments more effectively. Most importantly for practitioners and teachers is her underlying premise that the client is actively involved in hisher recovery and that the treatment must be tailored to the clients specific individual needs. Nicolas writing is well argued, articulated and referenced and *Relational Reflexology: The Blog Posts* takes us on a journey of examination, critical review and debate on reflexology and offers many recommendations for best practice. Mariette Lobo of *Body in Balance* (UK) Have you ever tried to construct a jigsaw...



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