



Sole Guidance: Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit

Holly Tse

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What if you could reverse disease—or learn how to avert it before its onset? What if, instead of aging, you could feel younger, stronger, and happier with each passing year? What if you could maintain your health for your entire life?

What if all the secrets to health and longevity were on *the soles of your feet*?

The wisdom in this book has been passed down from master to student for thousands of years, but now *you* too can benefit from the powerful Eastern practice of Chinese reflexology. This ancient therapeutic art of foot massage offers you a way to harness Universal Qi, a limitless source of healing energy, and restore yourself to balance, harmony, and health.

Holistic healer and reflexologist **Holly Tse** brings new light to this millennia-old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way. Using clear illustrations and delightful step-by-step instructions, she'll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind, body, and soul: shifting the mind, healing with energy, and following your heart and soul.

Sole Guidance is a fun, vibrant, and easy-to-understand guide to complete self-transformation from the inside out. Learn how to hear your inner guidance, connect with your “Dragon Spirit,” discover what your body needs to heal and thrive, and revolutionize your life—simply by massaging your feet!

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