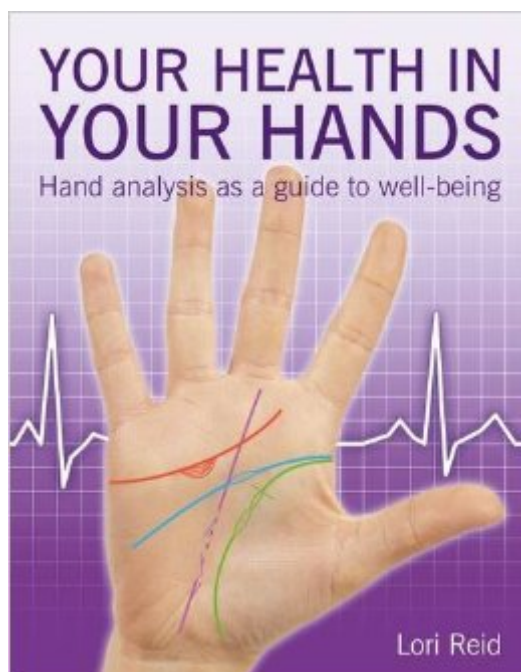


The book was found

Your Health In Your Hands: Hand Analysis As A Guide To Well-Being



Synopsis

Your palms are mirrors of your personality and how you think and behave. But they can also reveal how you're feeling at a particular moment, your overall state of health, and whether you're predisposed to a particular condition. Learn to read the lines, patterns, and bumps on your hands, and you can monitor your health and promote your well-being on a daily basis. In this easy-to-follow, fully illustrated guide, Lori Reid takes you by the hand and shows you how. First she teaches the basics of hand analysis and how overall appearance, as well as line details and markings, begin to build a health "picture." Then she focuses on specific health indicators and how to read them. Finally, with all this inside knowledge, you can select positive self-help treatments for particular conditions from a range of complementary therapies described. So, whether you just feel out of sorts or have identified a particular problem, you can now literally take your health in your hands!

Book Information

Paperback: 144 pages

Publisher: Connections Book Publishing (May 1, 2016)

Language: English

ISBN-10: 1859064019

ISBN-13: 978-1859064016

Product Dimensions: 6.9 x 0.3 x 8.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #881,708 in Books (See Top 100 in Books) #48 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Palmistry #3791 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #14361 in Books > Health, Fitness & Dieting > Alternative Medicine

[Download to continue reading...](#)

Your Health in Your Hands: Hand Analysis as a Guide to Well-Being The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre (Collection)) Learn CSS in One Day and Learn It Well (Includes HTML5): CSS for Beginners with Hands-on Project. The only book you need to start coding in CSS ... Coding Fast with Hands-On Project) (Volume 2) Learn C# in One Day and Learn It Well: C# for Beginners with Hands-on Project (Learn Coding Fast with Hands-On Project) (Volume 3) Health Is in Your Hands: Jin Shin Jyutsu - Practicing the Art of Self-Healing (with 51 Flash Cards for the Hands-on

Practice of Jin Shin Jyutsu) (2014 Next Generation Indie Book Award Finalist) Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being Making Healthy Places: Designing and Building for Health, Well-being, and Sustainability The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health and Well-Being Dowsing for Health: Tuning in to the Earth's Energy for Personal Development and Well-Being (New Age) iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being Hand-Lettering Ledger: A Practical Guide to Creating Serif, Script, Illustrated, Ornate, and Other Totally Original Hand-Drawn Styles Lettering: Beginners Guide to Lettering and Calligraphy Fonts for DIY Crafts and Art (Typography, Hand Writing, Paper Crafts, Thank You Notes, DIY wedding, Drawing, Hand Lettering Book 1) Improve Your Horse's Well-Being: A Step-by-Step Guide to TTouch and TTeam Training Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! Hand Dyeing Yarn and Fleece: Custom-Color Your Favorite Fibers with Dip-Dyeing, Hand-Painting, Tie-Dyeing, and Other Creative Techniques Hand Tool Essentials: Refine Your Power Tool Projects with Hand Tool Techniques (Popular Woodworking) Analytics: Data Science, Data Analysis and Predictive Analytics for Business (Algorithms, Business Intelligence, Statistical Analysis, Decision Analysis, Business Analytics, Data Mining, Big Data) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)]

[Dmca](#)