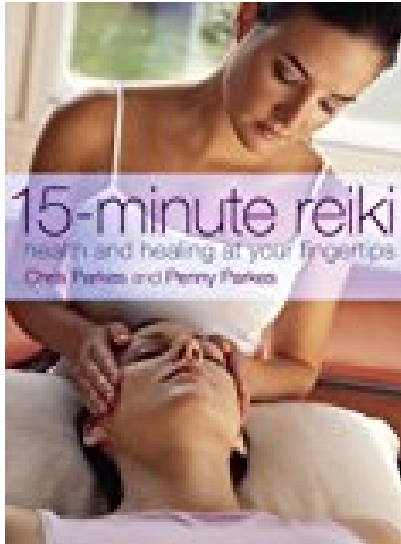


# 15-Minute Reiki Health and Healing at your Fingertips

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## BOOK DETAILS

- Author : Chris Parkes
- Pages : 224 Pages
- Publisher : Thorsons
- Language : English
- ISBN : 0007158912

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## BOOK SYNOPSIS

Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a long-haul flight or simply trying to relax you can use your hands to restore energy, promote sleep and alleviate pain, stress and worry.

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