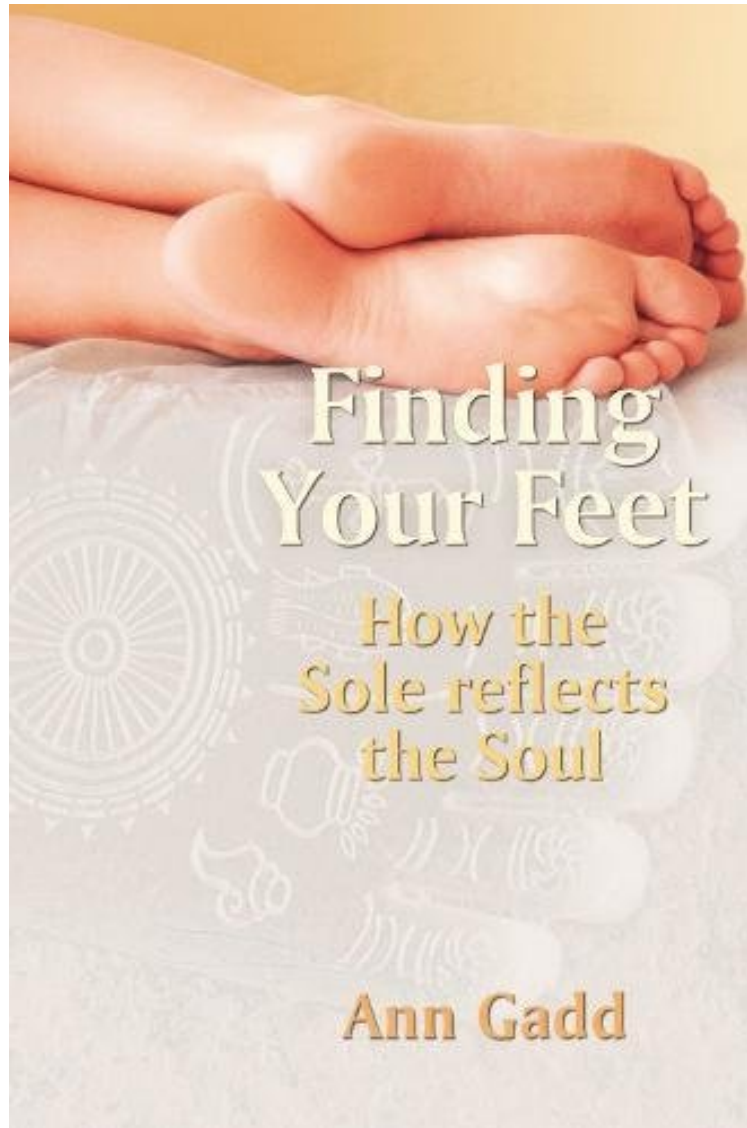


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## Finding Your Feet: How the Sole Reflects the Soul

*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.

About the Author Ann Gadd is an artist, a writer, a Reiki Master, a footologist, and a transformational counselor and speaker. She is the creator and facilitator of Create Yourself Art Workshops, which delve into the transformative power art can have on the mind-body connection.