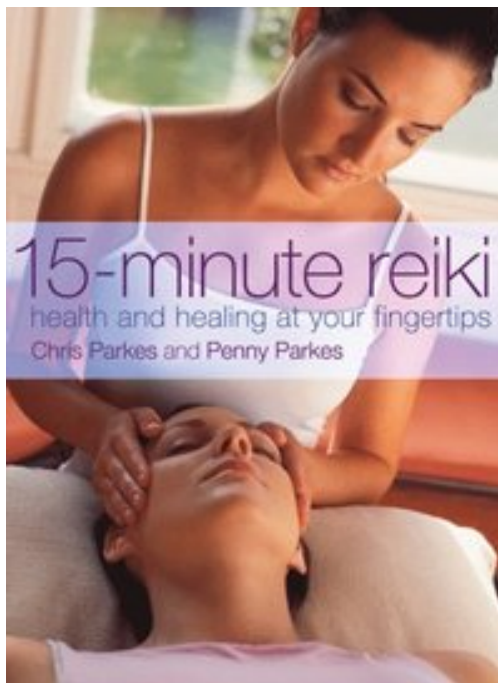


15-Minute Reiki: Health and Healing at your Fingertips

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Chris Parkes Penny Parkes

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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.* 15-minute Reiki treatments for extensive range of health conditions and personal issues.* Both authors are highly experienced Usui Reiki Masters and life coaches, and run their own popular and successful Reiki school with courses up and down the country.

Summary of contents
Part 1 All About Reiki. Explanation & history of Reiki, hand positions for self-treatment & treating others.
Part 2 Healing with Reiki - wide range of 15-minute treatments A-Z of how to treat everyday complaints, e.g. sore throats, headaches, flu, PMS, panic attacks, RSI, toothache A-Z of how to treat and support chronic conditions, e.g. asthma, ME, high cholesterol, HIV, cancer, IBS
Reiki for first aid (burns, cuts, bruises etc) and travel (jet-lag, DVT, Sars-like viruses)
Part 3 Reiki to

Transform your life
15-minute Reiki exercises to nurture your spiritual well-being, raise self-esteem, restore your energy, harness your inner power, clear the past, forgive others and transform your

life.Parts 4 and 5.Q&A section, hypnotherapy and Reiki, finding a teacher, resources.A very practical and comprehensive book that is easy to follow and easy to dip into. Ideal for all levels.



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