



15-Minute Reiki: Health and Healing at your Fingertips

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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From reader reviews:

Helen Wright:

Hey guys, do you desire to find a new book to see? May be the book with the concept 15-Minute Reiki: Health and Healing at your Fingertips suitable to you? The particular book was written by well-known writer in this era. Often the book untitled 15-Minute Reiki: Health and Healing at your Fingertips is the one of several books in which everyone read now. This specific book was inspired lots of people in the world. When you read this book you will enter the new dimensions that you ever know before. The author explained their strategy in the simple way, therefore all of people can easily to be aware of the core of this reserve. This book will give you a lots of information about this world now. To help you see the represented of the world in this particular book.

Mary Hanlon:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled 15-Minute Reiki: Health and Healing at your Fingertips can be excellent book to read. May be it may be best activity to you.

Leroy Mallett:

15-Minute Reiki: Health and Healing at your Fingertips can be one of your starter books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into satisfaction arrangement in writing 15-Minute Reiki: Health and Healing at your Fingertips but doesn't forget the main point, giving the reader the hottest as well as based confirm resource information that maybe you can be one among it. This great information could draw you into completely new stage of crucial contemplating.

Jennifer Wilson:

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