



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) (2015 Living Now Book Award for Healing Arts)

By Waltraud Riegger-Krause

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Health, Self-Help. The physio-philosophy of Jin Shin Jyutsu is a traditional Japanese healing art for harmonizing life energy. In HEALTH IS IN YOUR HANDS, bestselling author and authorized Jin Shin Jyutsu instructor Waltraud Riegger-Krause makes Jin Shin Jyutsu conveniently accessible as a hands-on practice to anyone interested in sharing and benefiting from its therapeutic and salutary powers. Besides offering an astute, yet simply and clearly written introduction to the foundations and complexities of Jin Shin Jyutsu, HEALTH IS IN YOUR HANDS lays out a wide variety of treatments for a broad range of symptoms and conditions. What makes HEALTH IS IN YOUR HANDS truly revolutionary and indispensable, however, is its comprehensive flash-card set for immediate hands-on Jin Shin Jyutsu application, which, owing to its visual aids and multicolored arrangement, allows you to quickly learn the connections between the depths, energy locks and organ flows, and to choose the appropriate cards and practice the appropriate flows for any given symptoms. HEALTH IS IN YOUR HANDS is nothing less than a veritable Jin Shin Jyutsu First Aid Kit together with a thorough presentation of this healing art all in one.

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