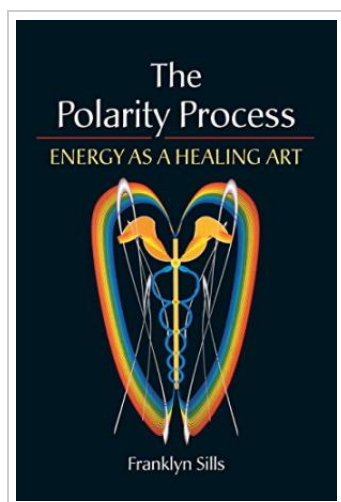




The Polarity Process (Paperback)

By Franklyn Sills

North Atlantic Books, U.S., United States, 2002. Paperback. Condition: New. New edition. Language: English . Brand New Book. In this thorough, award-winning explanation of the theory and practice of polarity, cranial osteopath Franklyn Sills guides the reader through Dr. Randolph Stone's mapping of humans subtle energies. Popular in Europe, polarity incorporates holistic health, diet, exercise, massage, and spiritual practice. This is an approachable introduction to a form of bodywork that therapists and lay individuals interested in alternative health practices will find useful.



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