



PAULA STONE AUTHORS CHAPTER ON REFLEXOLOGY IN BEST-SELLING INSTRUCTIONAL MASSAGE HANDBOOK

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Paula S. Stone, MA, NCTMB, LMT, CRI, CMR, is founder and director of The Stone Institute LLC and Soft Touch Massage and Reflexology LLC.

The Stone Institute LLC is the first school based in the greater St. Louis and bi-state area dedicated to teaching reflexology for national certification. Certification can be completed within one year.

Stone blends East and West approaches in training health professionals and laypersons in modern applications of this ancient healing practice.

Stone is a NCTMB-certified massage therapist, massage therapy instructor, certified reflexology instructor, master reflexologist, ARCB- and NTCB-certified reflexologist.

Reflexology is one of the most popular forms of bodywork* among massage therapists. That's why the latest edition of **Tappan's Handbook of Healing Massage Techniques 5/e** by Patricia J. Benjamin, PhD, NCTMB, includes a newly revised chapter on reflexology and DVD featuring a reflexology session.

Paula Stone, ARCB-board certified reflexologist and director of The Stone Institute in St Charles, MO, contributed the chapter and designed the reflexology sequence for the photos and learning DVD.

"**Tappan's** is among the most popular instructional massage books of all times. It was my massage book when I was in massage school," says Paula. "I feel honored to work with Patricia Benjamin, a giant in the bodywork field, to contribute to this latest edition."

Readers have the opportunity to see noted reflexologist Larry Clemmons of Chicago in the photo sequence and DVD. Larry was instrumental in developing an accrediting board (which became ARCB) to test professional reflexologists.

"It is truly awesome to watch Larry work. To capture his skill and presence on video is a gift to all prosperity," said Paula.

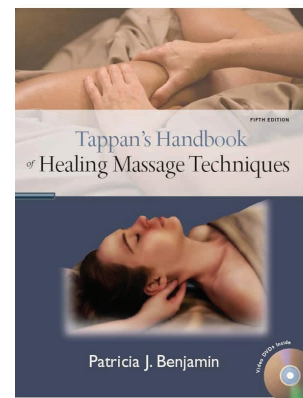
How did the project come about? Mark Cohen, Editor-in-Chief, of Pearson Health Science, Health Professions division, contacted Paula for the project.

"We selected Paula Stone to write the reflexology chapter in **Tappan's Handbook of Healing Massage Techniques 5/e** because she is national authority on reflexology. In addition, Paula is a dedicated educator, exceptional writer, and a visionary in her field," said Mark.

As an NCTMB - nationally certified massage therapist and ARCB-board certified reflexologist, Paula maintains a strong reflexology practice. She also integrates reflexology, massage, and other forms of bodywork in her clinical sessions.

A Bachelor of Science degree in education and a Master of Arts degree provided Paula a solid foundation for teaching massage and reflexology. This unique blend gives Paula the perspective of the massage therapist, reflexologist, and educator, all of which is brought into play in the **Tappan's** reflexology chapter.

"Reflexology is an invaluable practice that integrates the mind, body, soul and sole; and, as an exceptionally skilled, knowledgeable and dedicated instruc-



The cover of Benjamin's book **Tappan's Handbook of Healing Massage Techniques 5/e**, in which Stone's reflexology chapter is published.

tor of reflexology, Paula Stone was a great choice as a contributing author for **Tappan's Handbook of Healing Massage Techniques 5/e**," said Frankie Avalon Wolfe, PhD, MH, author, **The Complete Idiot's Guide to Reflexology**.

**Bodywork is a general term for practices involving touch and movement in which the practitioner uses manual techniques to promote health and healing of the recipient.* Benjamin.

Massage and reflexology are each a unique form of bodywork.

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