

A Guide To Su Jok Therapy

A fully illustrated and comprehensive reference guide to acupressure • Provides acupressure treatments tailored for a wide variety of health disorders, including back pain, heart and circulatory problems, and even the common cold • Contains step-by-step instructions illustrated in full color for self-treatment or treatment of a partner • A simultaneous hardcover and paperback release

Trouble sleeping, sensitive stomach, headaches, joint problems, allergies: Sensory ailments such as these have been steadily increasing in Western countries for decades. Acupressure--massage along the body's meridians in accordance with traditional Chinese medicine--can effectively prevent and treat all of these disorders, and more. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold.

Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

We are a part of the vast sea of humanity that is searching the ultimate utopia, misled by the thought that successful careers and wads of currency will buy us a place here. so in a bid to accumulate those wads and reach the pinnacle of

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successful careers , we have surrendered our peace of mind, unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture , slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles, the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self .So man today is sick because he thinks he is sick .sickness and disease have no place in the life of person who does not accept and tolerate the self-limiting thoughts which are real seeds of our myriad ailments , we stand hypnotized by the belief that disease and illness are our fate and destiny , rather than health and bliss , which are truly our birth right and heritage .in order to emerge from our mass hypnosis and collective hysteria and to experience health , joy and creative fulfilment , we must make a systematic application of holistic living through alternate therapies in our daily life. The success of efficacy of alternate therapies he experienced provided the impetus, inspiration to him to come with compendium of his documented collection over a decade in this book . In effect, this book makes a humble effort in finding a genuine and truly helpful lifeline for many people, giving important popular alternate therapies in SINGLE WINDOW for ready reference, self-study and self-treatment as it primary objective .it is to help you live life to the hilt that his book has been written .Life is not about toil and ambition alone; it is bout enjoying each moment .it is learning to relax and take things in stride .It is about the blissful enjoyment of the years granted to us on this planet. Believe me , you will be more successful, happier and contended if you pursue your career, relationships and ambitions in a relaxed manner outlined in this book .

‘Nature is the best physician.’ — Hippocrates Nature can cure many diseases including some that other systems of

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medicine cannot. In this age of pill-swallowing and its resultant complications many people have started returning to nature in an effort to regain the balance they have lost in their physical living. Naturopathy, is not only inexpensive and simple but also totally free of harmful side effects. This book has been organized for quick and handy reference for every family and provides naturopathic cures for nearly all common, acute and chronic diseases such as Constipation, Piles, Diabetes, Hernia, Asthma, Eczema, Blood Pressure, Anaemia, Jaundice, Epilepsy, Venereal Diseases, Goitre, etc. It also gives an introduction to the basis of naturopathic system.

Point location book written in easy to understand terms, for the layperson.

This book explains what Nature Cure is all about. The author H.K. Bakhru explains in simple language 95 common disorders, including 13 concerning women, ranging from acne to venereal diseases and prescribes time tested treatment and means of maintaining go

Introduces the techniques of Chinese finger pressure to help lovers develop intimacy and have better sex, providing step-by-step instructions and tips on stretches, exercises, massages, and positions that promote relaxation

With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In Acupressure's Potent Points, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes,

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depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy. Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient Chinese medicine, Meridian Massage can complement any form of hands-on healing.

World renowned Acupressurist Dr.Devendra Vora has analysed that the pressure applied on certain points located in the palms and soles helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health. Acupressure also enables one to diagnose and cure disease like

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Common Cold, Diabetes, High Blood Pressure, Migraine, Paralysis and even Cancer. Dr. Devendra Vora has proved that all dreaded diseases like Allergy, Cancer, Thalassaemia and HIV/AIDS are only Paper Dragons which can be easily defeated. The learned author has shown how all these dreaded diseases can be prevented and cured. And all that without any cost or side effects.

The Pocket Encyclopedia of Healing Touch Therapies is a convenient reference that will guide you in the art of healing yourself and others through 136 of the best healing touch techniques from reiki, reflexology, and acupressure. Easy to understand and immediately applicable to everyday health concerns, from migraines and upset stomach, to anxiety and muscle aches, this guide gives readers an inexpensive, D.I.Y. approach to healing themselves.

This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body—each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a

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few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams—including computer-generated maps to help you locate the points on your own feet—this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don't have time to go to reflexology or acupuncture appointments). Can be used in conjunction with Hand Reflexology & Acupressure.

Rising numbers of Cesarean sections and maternal obesity and associated health risks have resulted in increasingly complex Cesarean deliveries and outcomes, requiring today's surgeon to stay attuned to evolving best practices and master new surgical techniques. This first-of-its-kind reference provides step-by-step, highly illustrated guidance on managing challenging Cesarean sections with a focus on the challenges of abnormal placentation and strategies to manage it. In a concise, readable format, this text is designed to help surgeons anticipate intraoperative and postoperative challenges and optimize outcomes for mother and baby.

Manual of Cardiology is a comprehensive guide to cardiology for trainee cardiologists and practising clinicians. Covering the complete field, the book begins with cardiovascular pharmacology, diagnostic techniques and electrophysiology. The following sections examine the management of numerous

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cardiac disorders including coronary heart diseases, valvular heart diseases, vascular diseases, heart failure, myocardial and pericardial diseases, pulmonary vascular disease and adult congenital heart disease, and secondary heart disorders. The final sections discuss associated issues in clinical cardiology, preventative strategies for cardiovascular diseases, and evolving concepts. Modified guidelines for the management of common disorders such as angina, arrhythmias, and heart failure, have been included. Edited by internationally recognised expert Prof Kanu Chatterjee from the University of Iowa and the University of California, this invaluable manual includes more than 520 clinical photographs, diagrams and tables. Key points Comprehensive guide to complete field of cardiology for trainees Includes modified guidelines for management of common cardiac disorders Edited by internationally recognised Prof Kanu Chatterjee Features more than 520 clinical photographs, diagrams and tables Hands and Feet by anatomical structure possess the most manifest likeness to the human body . This may mysterious similarity plays and important role making it possible to realize that other body parts and internal organs also boast their own correspondence systems . they are incorporated by the homosystem of the human body . which is the inalienable part of the hierarchidc homo- system of the universe . the homo system provides interrelation

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of all its constituent similar elements and maintains the harmony and stability of existence. Standard correspondence systems of hands and feet prove to be the most effective and simple ones among all treatment correspondence systems that is why they are widely used.

An up-to-date guide to the principles and practice of Chinese and Western ear acupuncture, this book is aimed at both the student and practitioner. It includes chapters covering ear acupuncture used in the treatment of addiction and Western theories about how acupuncture works.

Providing clear information on the full range of acupuncture points and main channels in a systematic and clear way, this acupuncture atlas not only provides beginners with an overview of the most important acupuncture points, but can also be used by experienced practitioners to extend their knowledge.

Life is breath & sound is energy which can elevate the energy level of our body through resonance with certain specific words.

Includes sections such as: Acupressure / Reflexology; Shiatsu; Su Jok; Spinal Cord & Nerves; Spinal Segments; Dhyana Mudras; and, Acupuncture.

This book explains how acupuncture can help in preventing as well as treating a host of physical, emotional and psychological problems, including several that modern medicines has failed to treat. It describes how acupuncture works, its techniques and how the use of modern scientific methods has made it amongst the

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best and most effective drugless techniques.

Comprehensive Approach to Infections in Dermatology is a guide to all types of skin infection, with detailed information on epidemiology, presentation, diagnosis and management. The book is divided into eight sections; the first deals with 'normal flora' of the skin

(microorganisms present under normal circumstances, without causing disease), whilst each subsequent chapter covers a specific type of dermatological infection including bacterial, fungal, viral, and mycobacterial infections, parasitic and protozoal diseases, infestations, bites and stings, and finally sexually transmitted infections.

The book provides a step-by-step approach to bedside diagnostic procedures, with key points highlighted throughout. 400 full colour clinical photographs illustrate the methods covered, and data, graphics and evidence-based therapeutic guidelines are presented in tables for ease of reference. Key Points

Covers all types of skin infection in detail, with epidemiology, presentation, diagnosis and management
Step-by-step guidance on diagnostic procedures
400 full colour photographs

Discover the healing power of essential oils paired with ancient acupressure techniques in this engaging guide to whole-body care Merina Ty-Kisera, an experienced healer and Five Element acupuncturist, introduces readers to her Aroma Acupressure method for selfcare—applying the healing properties of essential oils to pressure points that cue energetic changes to balance the body and mind. This guide empowers readers to reclaim their health with tips, routines, and strategies that

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support everything from relieving chronic tension, to coping with digestive ailments to treating cold and flu symptoms. Readers will rediscover an integrated sense of health and well-being.

- The complete guide to magnetotherapy--the treatment that promises to revolutionize 21st-century medicine.
- Magnet therapy has been used by more than 100 million people worldwide.
- Clinical studies show magnet therapy to be an effective treatment for back pain, insomnia, high cholesterol and blood pressure, and many other ailments. The recent discovery of magnetic receptors in the human brain has confirmed what the ancient Chinese, Indians, Egyptians, and Greeks always knew: that human beings are strongly influenced by the Earth's magnetic field, and that by subtly altering our own energy fields with magnets we can restore proper balance to our body systems. This science of magnetotherapy has already been successfully used by more than 100 million people in the United States and around the world. Numerous scientific studies show that many cases of stiff shoulders, back, or neck, unexplained chest pain and frequent headaches, as well as insomnia and general fatigue are actually caused by what is known as Magnetic Deficiency Syndrome, and double-blind tests reveal that magnets have brought rapid relief in 90 percent of these cases. Magnet Therapy presents the history and science of this fascinating subject, explaining

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why magnets increase oxygenation in the blood, lower cholesterol and blood pressure, reduce pain, enhance cellular regeneration, and may even inhibit tumor growth. The authors detail methods for treating symptoms ranging from asthma to toothaches and weigh the benefits of magnetic necklaces, magnetic belts, and magnetized water, as well as traditional bipolar magnets. For devotees of alternative medicine, Birla and Hemlin explain how magnetotherapy fits into the context of other practices, such as Ayurveda and traditional Chinese medicine, and how it can be used in conjunction with acupuncture, massage, and other therapies.

Complete with case studies and resource listings, Magnet Therapy is the comprehensive guide to what promises to be the next medical revolution.

The fully revised, third edition of this bestselling Handbook describes best practice of critical care in a succinct, concise and clinically-orientated way.

Covering the principles of general management, it includes therapeutic and monitoring devices, specific disorders of organ systems, as well as detailed information on drugs and fluids. New material has been added on key areas such as airway maintenance, dressing techniques, infection control, echocardiography, tissue perfusion monitoring, coma and more. With up-to-date references and invaluable clinical advice, there is also plenty of space to add notes or amend sections to suit local protocols.

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Patient-centred and practical, it will serve the consultant, trainee, nurse or other allied health professionals as both a reference and aide memoir. This is the indispensable Oxford Handbook for all those working within critical care.

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Health Harmony
Balance your body, mind, and spirit and heal yourself with your own hands using this clear, step-by-step illustrated guide to the practice of the ancient Japanese healing art of Jin Shin—written by a trained expert with nearly three decades of experience. You might be surprised to learn that the majority of today's most common ailments including anxiety, backaches, colds and flu, digestive issues, immune disorders, migraines, and insomnia, can be alleviated naturally by restoring and harmonizing blocked, stagnant energy. The art of Jin Shin, based on the Japanese healing art of energy medicine, is practiced throughout the world. While related to acupuncture and massage therapy, this holistic practice uses only minimal pressure and gentle touching with the fingers and hands to redirect or unblock the flow of energy along the body's fifty-two points (twenty-six on each side of the body)—called Safety Energy Locations, or SELs—areas where energy tends to get congested. This simple, non-invasive process allows your body's energy to flow smoothly, and with balance restored, you will experience a sense of wellbeing and calm. The Art

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of Jin Shin explains all the basics of this healing art and provides you with the knowledge you need to practice it on yourself—with exercises ranging from simply holding a finger for a few minutes to spending twenty minutes to harmonize a specific circulation pattern. Whether you desire a deeper understanding of the body/mind/spirit connection or want to create a daily Jin Shin maintenance routine the power is literally at your fingertips.

In Isabella Bradford's enthralling new trilogy, three noble brothers—London's most scandalous rakes—are about to do the unthinkable: settle down. Harry Fitzroy, Earl of Hargreave, is the first to meet his match and lose his heart . . . to a lady who's not all what he expected. As the eldest son of the Duke of Breconridge, Harry Fitzroy is duty-bound to marry—and marry well. Giving up his rakish ways for the pleasures of a bride's bed becomes a delightful prospect when Harry chooses beautiful Lady Julia Wetherby, the catch of the season. But a fall from his horse puts a serious crimp in his plans. Abandoned by Julia before he can propose, the unlucky bachelor finds himself trapped in the country in the care of Julia's younger sister. Harry has never met a woman like Lady Augusta. Utterly without artifice, Gus is clever and capable, and seems to care not a fig for society. After a taboo kiss awakens passion that takes them both by surprise, Harry realizes he'd almost given his heart to the wrong sister. While

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London tongues wag, he'll use his most seductive powers of persuasion to convince the reluctant Gus that she belongs with him—as his equal, his love, his wife. Praise for *A Wicked Pursuit* “The appealing characters, the emotional growth of the hero and the lively dialogue turn what could have been a predictable tale into a delightful non-stop read. This is a fine start to a new trilogy.”—RT Book Reviews “This story is every bit as delightful as those by my favorite Regency authors: Lisa Kleypas, Sabrina Jeffries, Julia Quinn. . . . I will definitely be looking for the other books in the series!”—Susana’s Parlour “A bewitching tale of a most accidental match.”—Shelf Awareness “Isabella Bradford’s experience shows with her charming, witty tale. . . . Wonderfully crafted, the next installments are sure to please as this one most decidedly did.”—Literarily Illumined “Bradford pulls no punches, which makes the story all the richer. . . . Period details create a believable world that fully immerses the reader.”—Heroes and Heartbreakers “I loved seeing the quality of the story come through. . . . Overall a hypnotic love tale to overwhelm, excite, and endear you. A rare treasure!”—Addicted to Romance “An awesome start to a new series and I can’t wait for the rest of it to come out. . . . I will definitely be going back and reading her *Wylder Sisters* series.”—Historical Romance Lover

Le Su Jok a été élaboré en Corée il y a 20 ans, à

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partir de la médecine traditionnelle asiatique, par le professeur Park Jae Woo, de l'université de Séoul. Su signifie "main" et jok "pied". Ainsi, cette thérapie énergétique se pratique en agissant principalement sur les mains et les pieds. Avec le Su Jok, pas de médicaments : le "laboratoire naturel" élaborant les molécules qui sauvent est en nous. En utilisant l'électromagnétisme naturel du corps humain, elle réunit les avantages suivants : - Sécurité : les mains et les pieds ne comportent aucune zone vitale et sont le plus souvent accessibles. Effets : souvent instantanés, ils permettent aux victimes de gagner les minutes ou les heures de survie indispensables à leur mise hors de danger. Polyvalence : tout organe, système ou articulation peut être traité. Application facile : nul besoin de matériel sophistiqué, il suffit de stimuler les points d'urgence par pressions et massages. Et ça marche ! Apprentissage rapide : la méthode est très simple et à la portée de tous. Il n'est pas nécessaire d'être secouriste ou médecin urgentiste pour porter assistance. Intervention immédiate : cela augmente de 50 % les chances de survie de la victime et réduit les séquelles dues à l'arrivée tardive des secours. Situations d'urgence : le Su Jok est efficace dans de nombreux cas où les méthodes classiques sont inopérantes : victimes piégées ou confinées dans un espace trop étroit. C'est aussi un moyen non négligeable de réduire les décès par "mort subite de l'adulte" (40 000 cas par

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an en France). Cet ouvrage pratique conçu par le fondateur du Su Jok, le professeur coréen Park Jae Woo, est le second paru en langue française, consacré exclusivement aux situations d'urgence. Un guide incontournable destiné aussi bien aux profanes qu'aux professionnels du secourisme, désormais en mesure d'ajouter cette étonnante méthode à leur palette thérapeutique.

"Alternative therapies are becoming increasingly popular the world over. The toxic effects of medication and the sheer expense of conventional modes of treatment of diseases have prompted people to turn to natural and time-tested healing methods. Acupressure is a system of healing that originated in the East. It is based on the theory that the body possesses remarkable forces of energy that can be used to cure itself. Acupressure focuses on stimulating specific reflex points in the body in order to provide relief from pain or other symptoms. This book explains in a simple, easy-to-follow language the basic techniques of acupressure that can be used to treat several disorders and restore physical fitness. "

The Life of Gargantua and of Pantagruel is a pentalogy of novels written in the 16th century by François Rabelais, which tells of the adventures of two giants, Gargantua and his son Pantagruel.

Have you ever wished magic was real? Do you ever feel powerless, as though the world has it in for you, or that

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nothing ever goes your way? Have you wished there were a magic word you could utter that would change everything? If so, I have good news for you. Magic is real. And you can use mere words to affect the people, events, objects and relationships of your life in exciting and beautiful ways. This book will teach you the technique of using Magic Words. It's the most spectacularly effective method for creating change in just about any area you can think of. Magic Words is devastatingly simple to master. It takes no preparation, costs nothing, anyone can do it, and you can start using it immediately. If you are consistent with the practice, you may well see a change within just a few days. Magic Words is the technique consistently reported by my coaching clients as the most effective, and more people report success with this practice than any other. I personally use it every single day of my life. My promise is this: use Magic Words consistently and as described, and you'll see massive changes too.

An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare

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a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of *The Shyness and Social Anxiety Workbook* offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation ; Explore and examine your fears; Create a personalized plan for change; Put your plan into action through gentle and gradual exposure to social situations.... Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world.

An exciting new, full-colour edition of *Face Reading in Chinese Medicine* featuring over 200 colour photographs and practical instructions on how to conduct a face

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reading! Face reading has been part of Traditional Chinese Medicine for many centuries, and Professor Lillian Bridges is a popular academic and international lecturer on the subject who gained her fascinating knowledge through her family line of Master Face Readers in China. Based on an understanding of the shapes, markings and features of a face, practitioners can learn about the health and life of a patient relating to the principles of Chinese medicine. In addition to understanding how the body's internal functions - physical, psychological and emotional - can be seen on a face, practitioners can also learn how to evaluate Shen to understand non-verbal expressions. Technical and detailed information is presented in an upbeat, insightful and highly readable manner. This was the first book to focus on the deeper aspects of face reading and diagnosis, this edition includes ancient Taoist knowledge regarding the Original Face and Facial Jing and Qi markers which have previously only been taught through the oral tradition. Clear discussions demonstrate how this technique can be used as a supplement to other diagnostic tools in Traditional Chinese Medicine.

Engaging, insightful, highly readable text is written by a well-known and experienced lecturer in the field.

Extensive illustrations give you a clear understanding of theories and techniques. A focus on the deeper aspects of face reading and diagnosis helps readers become more conscious of their actions, reactions, and the health consequences of behavior.

Study on the history of Fatimites; includes Arabic text of the portion of Ismailite literature concerning Fatimites.

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