



About Laura Norman

Nationally Certified Reflexologist, Licensed Massage Therapist, Esthetician and Life Coach

Laura Norman, BS, MS, is a Nationally Certified Reflexologist, a Licensed Massage Therapist, Esthetician (skincare specialist) and Life Coach in New York and Florida. Laura discovered the powerful effects of Reflexology in the early 1970s through her work with multiply handicapped and emotionally disturbed children at the Maimonides Institute in New York. Reflexology reduced the children's stress levels and increased their attention spans. Improvements in their physical functioning and learning abilities soon followed. For over thirty-five years Laura has pursued her mission of making the science of Reflexology understood, appreciated and available worldwide.

Laura has a large list of accomplishments including a national best selling book **Feet First: A Guide to Foot Reflexology** (Fireside, Simon & Schuster) that has sold nearly a half million copies worldwide and has been translated into several foreign languages for international distribution. In addition, she has sat on the Board of Directors of the Reflexology Association of America and routinely lectures and teaches at venues such as universities, hospitals, corporations, the Learning Annex, Health Expos, Parents without Partners, and Rehabilitation Counselors for Drug and Alcohol Abuse, cruise ships and spas. In addition to being published by Simon & Schuster, Laura has served as a consultant, author and spokesperson for several other publishers including Reader's Digest, Time-Life Books, Elsevier Publishing and Rodale Press, as well as major foot-care/shoe companies like Dr. Scholl's, Odor Eaters, Nike, Hush Puppies, Candie's Shoes, consumer product companies such as Johnson and Johnson, Aveeno, Life Fitness, Calgon/Coty, Vaseline Intensive Care and several major department store chains.

Laura Norman works with more than the feet, hands and ears. Laura is also a Life Coach who works wholistically with each person – physically, mentally, emotionally and spiritually. Laura combines her method of Reflexology with many modalities, including affirmative thinking/speaking, visualization/ imagery, color therapy, music therapy and aromatherapy, to inspire clients to achieve their personal and professional goals.

Ms. Norman has "touched the soles" of many celebrities including Barbara DeAngelis, Phil Donahue, Bruce Jenner, Robert Klein, Liza Minelli, Regis Philbin, Joan and Melissa Rivers, Hilary Swank, Nell Carter, Howard Stern and Robin Quivers. As the authoritative voice of Reflexology, Laura has advanced the practice of this healing and soothing modality internationally. She appears regularly on national television programs such as "Good Morning America" (ABC), "Live with Regis and Kelly" (ABC), "Good Day New York" (FOX), "Today Show" (NBC), and "Extra" (NBC). Her radio interviews include "The Howard Stern Show," "The Joan Hamburg Show," and "The Gary Null Show." Newspapers have also featured her work, including *The New York Times*, *The New York Post*, *The New York Daily News*, *The New York Newsday*, *The New York Observer*, *The Chicago Tribune*, and *The London Times*.



In addition, Laura is frequently featured in major magazines such as *Travel and Leisure*, *Family Circle*, *SELF*, *Town & Country*, *GQ*, *Prevention*, *Cosmopolitan*, *InStyle*, *Time Out New York*, *New York Magazine* and *The New Yorker*.

Laura is the Founder and President of Laura Norman Enterprises, Inc. and the Laura Norman ReflexologySM Training Centers. Laura's certified instructors teach the Laura Norman ReflexologySM Certification Training Program, which integrates spiritual and scientific precepts into the traditional model, thus enhancing the results achieved. Now considered the most comprehensive training program of its kind, Laura has brought her program to the Swedish Institute of Massage Therapy, the NYU Division of Nursing, The New Center College for Holistic Health Education and Research, The New York College of Podiatric Medicine, The St. Luke's-Roosevelt Hospital Center, the Manhattan Eye, Ear and Throat Hospital, Sloan Kettering, The New York Open Center, the Esalen Institute and the acclaimed Atelier Estetique, in addition to her Training Centers in New York City, Wakefield, Rhode Island and Delray Beach, Florida. Laura's training program has been offered in 22 U.S. cities, and students come from around the world to study her unique Method. She now also offers a Home Study course and teleclasses.

Laura is full of ideas for the future. Her upcoming projects include writing three new books and implementing a program for seniors. She is also developing a hospital/hospice training program to help family members assist in the treatment of their loved ones. Laura continues to use the art and science of Reflexology to facilitate wellness on physical, mental, emotional and spiritual levels.

In addition to teaching and practicing Reflexology, Laura is a life coach in the Law of Attraction. She combines her coaching with her reflexology sessions, and leads seminars in the Law of Attraction with her partner and soulmate, Michael Blocker.

Laura facilitates Women's Circles featuring various women experts who empower women to enhance their lives.

Laura is a member of the Women's Wellness Society, and was the first to be appointed to the Society's Advisory Board. In 2006 Laura was the keynote speaker at the Women's Wellness Society's Annual Retreat attended by local chapter members from around the country, and in 2007 is a sponsor and speaker for the New York Chapter.