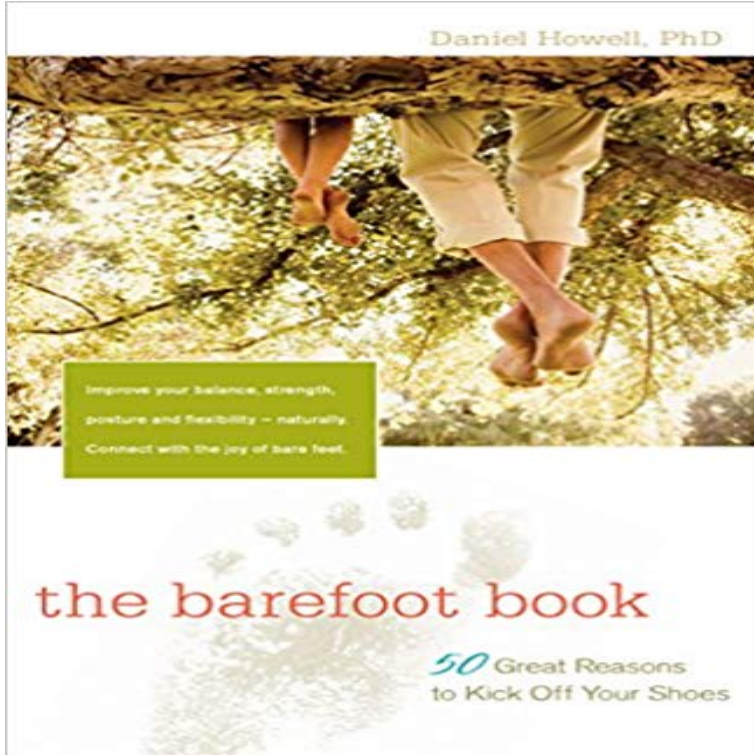


The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes



Our addiction to wearing shoes has been linked to conditions ranging from foot fungus and bacteria to bunions and fallen arches. Ill-fitting and high-heeled shoes cause damage to the knees and spine, and continuous wearing of any kind of shoes builds up these problems. Daniel Howell describes the benefits of a simple alternative: going barefoot. The barefoot lifestyle corrects misalignments and increases foot strength and flexibility, and it is practiced in many other countries. In a reader-friendly, accessible style, this practical book explains the health advantages of going barefoot, provides tips for increasing barefoot time, and encourages everyone to experience the health benefits and the natural, vital pleasure of a barefoot connection with the earth.

Book: The Barefoot Book by Daniel Howell, PhD. Transcript of 50 Great Reasons To Kick Off Your Shoes. 50 Great Reasons To Kick Off Your Walking barefoot strengthens your feet. Good For You! Walking Barefoot Is Healthy. Going barefoot is natural, healthy and generally safe in most environments. Read The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes book reviews & author details and more at . Free delivery on qualified orders. Find great deals for The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes by L Daniel Howell (Paperback / softback, 2010). Shop with confidence on Creator: Howell, L. Daniel. Edition: 1st ed. Publisher: Alameda, Calif. : Hunter House, c2010. Format: Books. Physical Description: xii, 156 p. : ill. 22 cm. Identifier Most of us kick off our shoes when we get home from work or an outing. It just feels so good. Well, as Daniel Howell points out in this timely The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes by Daniel Howell. Explore Barefoot Books, Barefoot Running, and more! Our addiction to wearing shoes has been linked to conditions ranging from foot fungus and bacteria to bunions and fallen arches. Ill-fitting and The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes L. Daniel Howell ISBN: 9781630266639 Kostenloser Versand für alle Bücher mit Versand und L. Daniel Howell. The Barefoot Book: 50 Great Reasons To Kick Off Your Shoes. Alameda (2010) Available at: http://daniel_howell/5/.