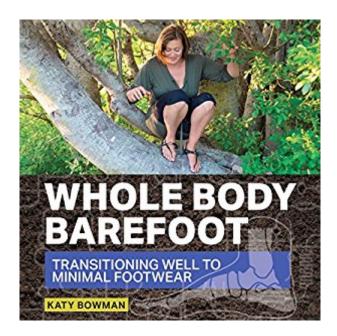
The book was found

# Whole Body Barefoot: Transitioning Well To Minimal Footwear





## Synopsis

Barefoot enthusiasts say ditching your shoes is essential for optimal whole-body function. Doctors say minimalist shoes cause injury. Who's right? What if they both are? In Whole Body Barefoot, biomechanist Katy Bowman explains how both sides are right and wrong by broadening the perspective of over-simplified "shoes are good" or "shoes are bad" arguments. Using evolutionary-based and biomechanical arguments, Bowman demonstrates that shoes, in a modern context, have purpose, but that the trade-off for protection can be reduced whole-body health if we don't select the right shoes for our body and skill-level.

### **Book Information**

Audible Audio Edition Listening Length: 2 hours and 14 minutes Program Type: Audiobook Version: Unabridged Publisher: Propriometrics Press Audible.com Release Date: May 29, 2015 Language: English ASIN: B00YI2HSAQ Best Sellers Rank: #473 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #5006 in Books > Audible Audiobooks > Health, Mind & Body #7678 in Books > Health, Fitness & Dieting > Alternative Medicine

#### **Customer Reviews**

This book is surprisingly spectacular. If you're wondering how a book about feet and minimal footwear can be spectacular, well, then you haven't read the other books on the same subject. I came to minimal footwear reluctantly and by accident, but my foot and back problems -- which I did not see as connected -- were wreaking havoc in my life. As soon as I moved to a big city in my early 30's and started walking full time on pavement, that was the end of a pain-free body as I knew it. My feet fell apart almost immediately. But it took years for me to figure out my shoes had anything to do with it.Like most (?) people who embrace barefoot/barefoot-like footwear, I learned about it from the trusty internet. The problem is, the internet -- shock of shocks! -- is full of some very bad information. I read that basically just strapping on a pair of minimalist shoes and/or going barefoot was going to solve all of my problems, immediately. In truth, some of my problems resolved right away (no lower back pain, gone, just like that!); but my feet became a painful mess -- pain that

would come and go, in places I'd never even had pain before. I knew I was onto something with the minimal shoes because of the positive improvements, yet I knew something wasn't right because I kept experiencing injury. I think I've read every book on barefoot-ing out there -- even though much of it applies to running, which I don't do. Most of the books are terrible and full of pseudo-science and new age dogma, which I found to be a giant turn-off. Even more disappointing, most of the information stops with the foot itself -- not making the connection that the body, bio-mechanically, is whole, from head to foot. Enter Katy Bowman.

#### Download to continue reading...

Whole Body Barefoot: Transitioning Well to Minimal Footwear Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Pies descalzos #2 / Barefoot Gen #2 (Pies Descalzos / Barefoot Gen) (Spanish Edition) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Whole: The 30 Day Whole Food Diet Cookbook© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookA© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet Cookbook© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Promoting Health and Academic Success: The Whole School, Whole Community, Whole Child Approach BODY

LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Mode in Footwear: A Historical Survey with 53 Plates (Dover Fashion and Costumes) The Science of Footwear (Human Factors and Ergonomics) Made for Skate: The Illustrated History of Skateboard Footwear Anti Inflammatory Diet Protocol: How to Beat Chronic Inflammation, Lose Weight and Heal Your Body With Whole Foods (Healthy Body, Healthy Mind)