



Going Barefoot

Philip Maffetone



Going Barefoot:

The Barefoot Book L. Daniel Howell, 2011-01-01 Americans are chronic shoe wearers We wear shoes almost constantly certainly in public spaces and often within the comfortable walls of our own homes We need shoes We need them for warmth and for protection We wear shoes to be fashionable and because it s expected And what s wrong with that *The Barefoot Book* explores this question and provides a surprising answer What s wrong is that chronic shoe wearing is negatively affecting our health and especially the health of our feet According to author L. Daniel Howell the warm moist environment of a shoe clad foot makes a perfect condition for fungus and bacteria to grow Poorly fitting shoes cause or exacerbate a host of foot issues from hammer toes bunions and ingrown toenails to fallen arches and Hallux valgus And high heeled shoes are the worst culprits of all with chronic use damaging the knees spine and posture In fact continuous wearing of shoes any shoes is a problem Howell explains how shoes redistribute weight alter joints weaken foot muscles decrease foot flexibility and eliminate sensory feedback from the sole and shock absorption of the arch This leaves feet weak fragile and even more dependent on shoes BR If shoes are causing such problems the solution is obvious take them off In *The Barefoot Book* Howell describes the best and healthiest kinds of shoes to wear for the times we must wear shoes For the rest of the time he suggests we go barefoot and gives tips for getting started on a more barefoot lifestyle He suggests ways to ease into going barefoot more often defines the best conditions and situations for going barefoot identifies the risks and provides ways to explain to people why you re going barefoot particularly if you venture into public areas where shoes are expected Howell would like us to experience healthier feet and fewer trips to the podiatrist s office to develop feet that are strong flexible and comfortable After learning about the dangers of chronic shoe wearing and the health benefits of going barefoot readers will likely agree

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first starting to walk barefoot and how you can avoid doing the same thing What 90% of people who walk barefoot are actually doing WRONG and how you can do it right Plus of course loads more [Return to Nature](#) Adolf Just,1912 **50**

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Table of Contents Going Barefoot

1. Understanding the eBook Going Barefoot
 - The Rise of Digital Reading Going Barefoot
 - Advantages of eBooks Over Traditional Books
2. Identifying Going Barefoot
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Going Barefoot
 - User-Friendly Interface
4. Exploring eBook Recommendations from Going Barefoot

- Personalized Recommendations
 - Going Barefoot User Reviews and Ratings
 - Going Barefoot and Bestseller Lists
5. Accessing Going Barefoot Free and Paid eBooks
 - Going Barefoot Public Domain eBooks
 - Going Barefoot eBook Subscription Services
 - Going Barefoot Budget-Friendly Options
 6. Navigating Going Barefoot eBook Formats
 - ePub, PDF, MOBI, and More
 - Going Barefoot Compatibility with Devices
 - Going Barefoot Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Going Barefoot
 - Highlighting and Note-Taking Going Barefoot
 - Interactive Elements Going Barefoot
 8. Staying Engaged with Going Barefoot
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Going Barefoot
 9. Balancing eBooks and Physical Books Going Barefoot
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Going Barefoot
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Going Barefoot
 - Setting Reading Goals Going Barefoot
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Going Barefoot

- Fact-Checking eBook Content of Going Barefoot
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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