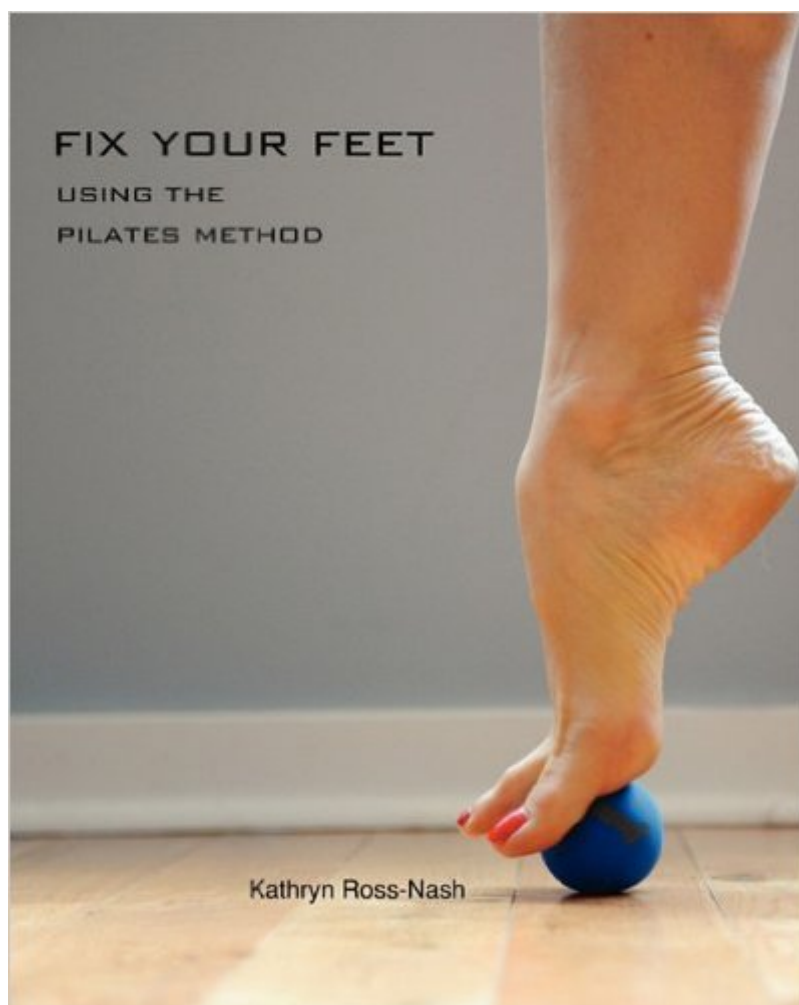


The book was found

# Fix Your Feet- Using The Pilates Method



## Synopsis

Put Your Best Foot Forward Bunions, fallen arches, curled up toes and plantar fascitis beware- some simple exercises can combat and conquer these problems! These exercises have been reforming and refreshing tired achy feet for decades. Little devices- such as elastic bands off the head of a bunch of broccoli, a tennis ball or your hand towel that innocently hangs in your bathroom, can be formidable weapons in the war against foot pain. These tools, used correctly, really get the circulation going. Beginning from the bottom up, at the start of a day or as a sweet ending the choice is yours - either way you win. For thousands of years the benefits of reflexology have been enjoyed. This book takes it further -by increasing ankle stability, flexibility, alignment and propulsion. These exercises are often used to help develop speed for an athlete and the arch jump of the dancer. At the end of the day- it just plain feels GREAT. Here is my favorite exercise to become refreshed and revitalized- from the bottom up! This book is for everyone- to prevent pain, to relieve pain or to move you forward with strength and alignment. Get ready to put your Best Foot Forward

## Book Information

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Product Dimensions: 8 x 0.1 x 10 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 starsÂ Â See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #82,396 in Books (See Top 100 in Books) #14 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #82 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage

## Customer Reviews

Normally i keep bad reviews to myself but after spending twenty dollars on this book I felt it my duty to express my discontent. Big pictures but very little content. Nothing new at all in this book. Not worth the twenty dollars. Grabbing a towel with your toes, picking up a pen with your toes and then marbles. Roll your foot on a raquet ball in a few different directions, and then pull a rubber band apart with your big toes and you have just about the whole program. Given the scanty amount of content, I would have at least expected the descriptions of the exercises to be well written and

thorough but they were not. It only took about 20 minutes to review all 38 pages. Don't waste your money. You should be able to find the exercises easily with a google search.

I can't see how anyone can give this book 5 stars - unless you're a friend of the author. Otherwise, please. As in instructive book, more care (was there any care?) should have been taken to ensure that the pictures matched the descriptions next to them. They don't in most cases. You are left to guess what applies to what and what the author meant. The info is repetitive while also lacking insight and specificity. Since the author appears experienced and qualified, frankly, I was appalled at the number of typos, poor grammar, and mis-labeling that went cover-to-cover. Save you're \$20 plus shipping and do a Google search for the same information. Wow, was I disappointed when it arrived.

I read another review that the book was overpriced, but thought I'll buy it anyway. I hate to admit it because I'm sure a lot of work went into this book, but it is overpriced. The images are clear, but I was flabbergasted that the photos didn't match the descriptions. For example, page 6 (why are some pages numbered and some aren't?) the images don't match. #1 was the only one that fit with image #1. Image #2 is description #3, image #3 is description #4, and image #4 is description #2. Then for some reason the images are repeated again on the next page. It happens AGAIN on page #26 where the images don't match up with the numbered descriptions. I don't understand this oversight, but it's extremely confusing. I'm spending my time trying to match the images with the descriptions in order to understand it. For \$20, and her kids taking the photography, I would think she could've afforded an editor to proofread the book. The substance is good, but the amount of errors throughout the book make the \$20 price tag not worth it at all. I'd pay 11.99 for it.

I happen to be a certified pilates instructor, so already know some of these exercises. I was stunned by the lack of proofreading done on this prior to publication. There are errors both in text, and in the layout of photographs. Since I know what I'm doing, I could follow along. I would imagine a novice would be confused.

So so sorry to say, I am terribly disappointed that I bought this booklet. It is filled with pictures, of things I could think up myself. No new news unless you are really low body awareness. I was hoping for more. IT was expensive for nothing. TToo bad.

I was shocked at the amount of errors in this book! Clearly no editor on this one. Pictures do not match the experts instructions. Such an amazing woman - not sure why this is so poorly done.

Love this book -- already helped my fallen arches and bunions!

The book includes wonderful instructions with artistic photos to help with the understanding of the teachings. Kathryn Ross Nash hits it out of the ballpark again with her knowledge and experience in the Pilates world. Speaking as someone who has had feet/arch problems in the past, this book has helped and continues to help every day. A must read.

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