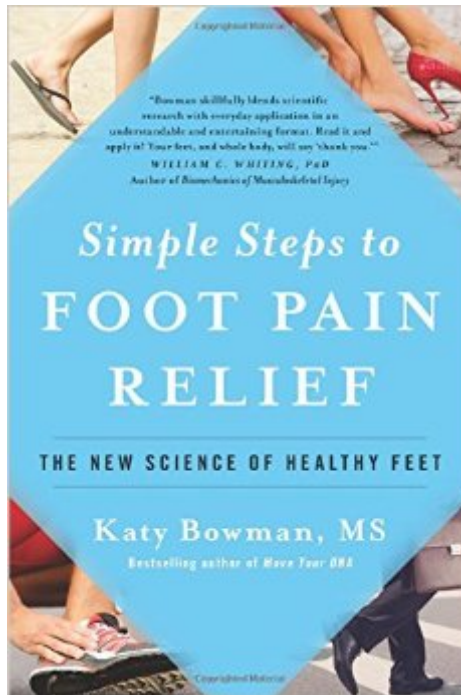


The book was found

Simple Steps To Foot Pain Relief: The New Science Of Healthy Feet



Synopsis

Don't just relieve foot pain; prevent it from happening again. Biomechanist Katy Bowman is back with an expanded edition of her popular book *Every Woman's Guide to Foot Pain Relief*, and it's for everyone; men and women, no matter what state (or shoe) they're in. With updated material and new visuals that illustrate exactly how to target problem areas, *Simple Steps to Foot Pain Relief* will show you how to prevent pain; and how to heal your feet and halt damage to the rest of your body. Bowman's simple, accessible, innovative program will help you naturally address lower leg and foot issues such as:- Bunions- Hammer toes- Plantar fasciitis- Poor posture and alignment Bowman walks you gently through exercises to strengthen your feet, the shoes you should (and should not) be wearing, and how these choices affect your overall foot; and body!; health. *Simple Steps to Foot Pain Relief* will teach you how healthy feet work optimally and put you on the path to foot health.

Book Information

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Average Customer Review: 3.3 out of 5 stars See all reviews (3 customer reviews)

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Physical Ailments > Physical Impairments #40 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

I'm only half way through the book but have skimmed thru most of the pages and I am really enjoying the exercises shared and the writing style. I am a massage therapist by trade and like how this is written to be understood, enjoyed and implemented by anyone who can read.

Simple Steps To Foot Pain Relief is the guide that will show you how to get your feet healthy. With an illustrated guide on how to stop your foot pain and how to prevent it from happening again. It also

shows simple exercise's you can do to get your feet strong and what shoes you should be wearing and which ones are not so good for those feet! It's the perfect guide for anyone wanting to get their feet in the best shape ever!!! I don't have trouble with my own feet but it was interesting to read a book that shows you what to do and not do in order to have healthy feet. I found the exercise's fascinating and are so easy to do them to prevent future problems! I would recommend this book for anyone who has feet trouble or just looking for ways to prevent troubles! Thank You to Katy Bowman for writing this book for anyone who wants to have healthy feet!! I received this book from the Publisher via NetGalley in exchange for a honest review.

The useful information this book provides could have been conveyed in four paragraphs. All the rest is just verbiage to create a book length document to justify charging money for the information.

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