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

*L. Daniel Howell*

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*L. Daniel Howell*

**The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes** L. Daniel Howell
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.

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