

# Barefoot Walking: Free Your Feet to Minimize Impact, Maximize Efficiency, and Discover the Pleasure of Getting in Touch with the Earth

by Jessica Lee

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Barefoot Walking: Free Your Feet to Minimize Impact, Maximize Efficiency, and Discover the Pleasure of Getting in Touch with the Earth. By Michael Sandler Search Filters - Norfolk County Public Library Barefoot is the most common term for the state of not wearing any footwear. Wearing footwear is an exclusively human characteristic, however some animals held by humans are also issued with footwear, such as horses and, more rarely dogs and cats. There are health benefits and some risks associated with going barefoot. Walking and running barefoot results in a more natural gait Barefoot Walking Banyen Books & Sound Barefoot Walking shows all readers, no matter their fitness level, how to take command of their physical and spiritual well-being. Free Your Feet to Minimize Impact, Maximize Efficiency,

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