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Whole Body Barefoot: Transitioning Well To Minimal Footwear



Synopsis

Barefoot enthusiasts say ditching your shoes is essential for optimal whole-body function. Doctors say minimalist shoes cause injury. Who's right? What if they both are? In *Whole Body Barefoot*, biomechanist Katy Bowman explains how both sides are right and wrong by broadening the perspective of over-simplified "shoes are good" or "shoes are bad" arguments. Using evolutionary-based and biomechanical arguments, Bowman demonstrates that shoes, in a modern context, have purpose, but that the trade-off for protection can be reduced whole-body health if we don't select the right shoes for our body and skill-level.

Book Information

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Customer Reviews

This book is surprisingly spectacular. If you're wondering how a book about feet and minimal footwear can be spectacular, well, then you haven't read the other books on the same subject. I came to minimal footwear reluctantly and by accident, but my foot and back problems -- which I did not see as connected -- were wreaking havoc in my life. As soon as I moved to a big city in my early 30's and started walking full time on pavement, that was the end of a pain-free body as I knew it. My feet fell apart almost immediately. But it took years for me to figure out my shoes had anything to do with it. Like most (?) people who embrace barefoot/barefoot-like footwear, I learned about it from the trusty internet. The problem is, the internet -- shock of shocks! -- is full of some very bad information. I read that basically just strapping on a pair of minimalist shoes and/or going barefoot was going to solve all of my problems, immediately. In truth, some of my problems resolved right away (no lower back pain, gone, just like that!); but my feet became a painful mess -- pain that

would come and go, in places I'd never even had pain before. I knew I was onto something with the minimal shoes because of the positive improvements, yet I knew something wasn't right because I kept experiencing injury. I think I've read every book on barefoot-ing out there -- even though much of it applies to running, which I don't do. Most of the books are terrible and full of pseudo-science and new age dogma, which I found to be a giant turn-off. Even more disappointing, most of the information stops with the foot itself -- not making the connection that the body, bio-mechanically, is whole, from head to foot. Enter Katy Bowman.

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