

How to Run Light and Free by Getting in Touch with the Earth: The Ultimate Guide to Barefoot Running

Are you ready to experience the joy of running barefoot? In his groundbreaking book, "How to Run Light and Free by Getting in Touch with the Earth," renowned running expert and barefoot running advocate, Ken Bob Saxton, shares his extensive knowledge and experience to help you unlock the full potential of barefoot running and achieve a more natural, efficient, and enjoyable running experience.



Barefoot Running: How to Run Light and Free by Getting in Touch with the Earth by Michael Sandler

★★★★☆ 4.3 out of 5

Language : English
File size : 5081 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages



With over 30 years of experience as a barefoot runner and coach, Ken Bob Saxton has dedicated his life to promoting the benefits of barefoot running and helping others transition to this more natural way of running. In this comprehensive guide, he shares everything you need to know to get started with barefoot running, including:

- The benefits of barefoot running, including improved form, reduced injuries, and increased efficiency
- How to transition to barefoot running safely and gradually
- The best barefoot running shoes and how to choose the right pair for you
- Tips for running barefoot on different surfaces
- How to troubleshoot common problems associated with barefoot running

With its clear instructions, practical advice, and inspiring stories, "How to Run Light and Free by Getting in Touch with the Earth" is the ultimate resource for anyone who wants to experience the joy of barefoot running. Whether you're a beginner or an experienced runner, this book will help you take your running to the next level.

About the Author

Ken Bob Saxton is a world-renowned running expert and barefoot running advocate. He is the founder of the Barefoot Running University and has helped thousands of people transition to barefoot running. He is also the author of several books on barefoot running, including "Barefoot Running: The Ultimate Guide to Running Light and Free" and "The Barefoot Running Book: Everything You Need to Know to Run Barefoot." Ken Bob Saxton lives in Boulder, Colorado with his wife and two children.

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running. You can Free Download the book online or at your local bookstore.

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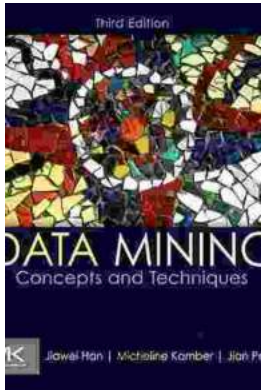
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