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Published in 2010, *The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes* makes the case for walking, running, and living barefoot. It is a fun book, a quick read, but I think that Daniel Howell, PhD could write a second edition with updates

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Kick Off Your Shoes," Howell has appeared on various popular media, podcasts, and radio shows proclaiming his message of barefoot living for foot health and overall wellbeing. I watched a Today show interview of ...

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Dr. Daniel Howell, a Professor of Biology at Liberty University, lives a barefoot lifestyle. His book, *The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes* discusses how the foot works, how shoes affect your feet, and what you can do about it. This well researched book sites

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scientific studies demonstrating the benefits of going barefoot.

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[L Daniel Howell] -- "Americans are chronic shoe-wearers. We buy shoes for infants who can't yet walk. We wear shoes

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Kick Off Your Shoes anyone growing up in highly developed countries over the last 50 years, the whole notion of going barefoot a significant amount of time seems like a hopeless fantasy.

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