





How could something we have for free—our bare feet—be better for running than \$150 shoes? The truth is that running in shoes is high-impact, unstable, and inflexible. Shoes promote a heel-centric ground strike, which weakens your feet, knees, and hips, and leads to common running injuries. In contrast, barefoot running is low-impact, forefoot-centric, stable, and beneficial to your body. It encourages proper form and strengthens your feet in miraculous ways. When you run in shoes, you not only risk developing poor form, but you also hinder the natural relationship with the ground that running facilitates. Barefoot running restores the delightful sensory and spiritual connections to the earth that you were meant to experience. Barefoot Running offers the only step-by-step direction runners need at any age to overcome injuries, run faster than ever, and rediscover the pure joy of running. Once you tear off your shoes and learn to dance with nature, you'll tread lightly and freely, hearing only the earth's symphony and feeling only the dirt beneath your feet. Hit the ground running with revolutionary techniques for starting out slowly, choosing minimalist footwear, navigating rough weather and rugged terrain, and building your feet into living shoes. Running is not just a sport. It reconnects us to our bodies and the places in which we live, breaking down our increasingly structured and demanding lives. It allows us to feel the world beneath our feet, lifts the spirit, lets our minds out to play, and helps us to slip away from the demands of the modern world. When Vybar Cregan-Reid set out to discover why running means so much to so many, he began a journey which would take him out to tread London's cobbled streets, the boulevards of Paris, and down the crumbling alleyways of Ruskin's Venice. Footnotes transports you to the deserted shorelines of Seattle, the giant redwood forests of California, and to the world's most advanced running laboratories and research centers. Using debates in literature, philosophy, neuroscience, and biology, this book explores that simple human desire to run. Liberating and inspiring, Footnotes reminds us why feeling the earth beneath our feet is a necessary and healing part of our lives. 'Dr Gemma is one of the few brave voices in the medical community who is experienced, courageous and confident enough to talk openly about food and its significance in preventing disease to save lives.' Dr Rupy Aujla 'Packed full of leading science in a very accessible way and lots of beautiful recipes too.' The Happy Pear 'The Plant Power Doctor should be on bookshelves of everyone who wants to live a longer, better life.' Dan Buettner 'One of a new wave of GPs who prescribe lifestyle changes as well as drugs.' The Telegraph You can eat your way to a brighter future Just imagine if what you put on your plate could radically improve your health right now AND make you healthier in the future too... British family doctor Gemma Newman explores how a simple change in diet helps many common chronic illnesses - from diabetes and heart disease to obesity - and the science that explains why it works. Enjoy over 60 delicious meal ideas to kick-start your plant-powered eating, along with simple shopping lists and meal plans. This book contains everything you need to futureproof your body and mind. Are you ready to discover the power of plants? Let's dive in...

The coach from Born to Run shows how to get the most from your miles - and from yourself