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Barefoot Running Step by Step was published in 2011 April. In 2011 and 2012 Barefoot Running Step by Step sponsored The Naked Foot 5K race series. Barefoot Running Step by Step continues to help tens of thousands

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(hopefully, anytime soon, millions) of people discover the true JOY of running easily and gently as only they can learn and fine-tune through the messages from their soles over time (or much quicker if beginning at a very young age).

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necessarily begin with the foot, but everything we do with the rest of our body is reflected by how the foot interacts with the ground. And our bare sole lets us know IMMEDIATELY, and EMPHATICALLY, with EACH and EVERY STEP if we should be changing the way we are moving our body.

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**Barefoot Ken Bob's Book, Barefoot
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In this ep of Sandalside Chats, Josh reviews Ken Bob Saxton's book, Barefoot Running Step by Step. From Ken's site: "In 1997 Barefoot Ken Bob founded The Running Barefoot website. Throughout the...

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**Barefoot Running Step by Step:
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Barefoot Running Step by Step is the book, based on what thousands of us have learned by sharing information on the original Running Barefoot website since 1997, that has helped tens of thousands of people learn how to run more gently, efficiently, and safely, by

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eliminating excess forces incurred when
the foot reacts with the ground during
running.

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Baerfoot Running Step by Step can help
you run more efficiently, gently, safely,
gracefully, and have more fun. Baerfoot

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Written by noted barefoot runner and instructor Ken Bob Saxton and running journalist Roy Wallack this guide outlines proper techniques for running barefoot properly and incorporating the practice into their running regimen for a better stride, longer endurance, and fewer injuries.

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Barefoot Running Step by Step separates the facts from the hype, outlines Ken Bob's personal techniques, and details the latest research on the newest trend in mankind's oldest sport. Whether you barefoot run occasionally, part-time, or full-time, you'll find

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methods for improving your form,
staying injury-free, dramatically
improving your speed and performance,
and having more fun.

**How | Ken Bob's Original
BarefootRunning.com**

Barefoot Running Step by Step Quotes
Showing 1-10 of 10 "Ironically, more

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impact may result from more cushioning because, to regain balance, the pillowish pile encourages the foot to plow into the ground like a bull in a china shop.

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26 May 2011 by Roy Wallack (Author),

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improving your speed and performance,
and having more fun. His Personal T

**Sandalside Chat #2 - Ken Bob
Saxton's Book, Barefoot Running
Step by Step**

In any event you can rest assured that
Barefoot Running, Step by Step is not
only a useful how-to guide, but a well-

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written and entertaining testament to an ordinary man's great personal successes. Along the way, Ken Bob, on his own, with the sole agenda of running comfortably and injury-free has re-pioneered our forgotten birthright as natural athletes.

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"Barefoot" Running Step by Step SET
YOUR FEET FREE I started running
"barefoot" (with minimal foot protection)
last October after reading the book Born
To Run by journalist and ultra-marathon
runner Christopher McDougall.

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**Barefoot Running Step by Step
Quotes by Roy M. Wallack**

I am really looking forward to Barefoot
Ken Bob's book, Barefoot Running Step
by Step which will be out in May. I
ordered it a few days ago and will read
and post a review on Amazon as soon as
I get it as a way to get a the positive

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