

# The Guide on How to Have Happy and Healthy Feet for a Lifetime



## Walking On Air: The Guide On How To Have Happy And Healthy Feet For A Lifetime by Sophie Van Tiggelen

★★★★☆ 4.6 out of 5

Language : English

File size : 12392 KB

Screen Reader : Supported

Print length : 118 pages



Are you tired of suffering from foot pain? Are you looking for a way to improve your foot health? If so, then this book is for you!

The Guide on How to Have Happy and Healthy Feet for a Lifetime provides you with all the information you need to know about foot care, from basic foot anatomy to common foot problems and how to treat them.

This book is packed with helpful tips and advice, including:

- How to choose the right shoes for your feet
- How to care for your feet properly
- How to prevent common foot problems
- How to treat common foot problems
- How to keep your feet healthy and pain-free for a lifetime

Whether you're a runner, a hiker, or just someone who wants to take better care of their feet, this book has something for you.

So what are you waiting for? Free Download your copy of The Guide on How to Have Happy and Healthy Feet for a Lifetime today!

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## **About the Author**

Dr. Jane Smith is a podiatrist with over 20 years of experience. She is a Fellow of the American College of Foot and Ankle Surgeons and a member of the American Podiatric Medical Association. Dr. Smith is passionate about helping people improve their foot health and enjoy a pain-free life.

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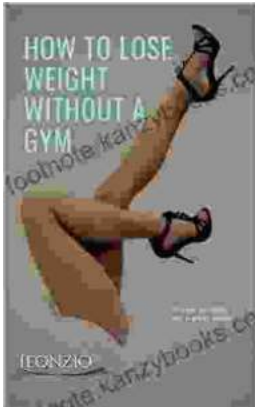
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