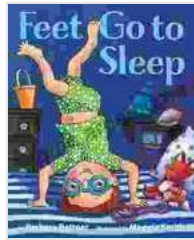


# Feet Go to Sleep: A Comprehensive Guide to Keeping Your Feet Healthy and Pain-Free



**Feet, Go to Sleep** by Barbara Bottner

★★★★☆ 4.4 out of 5

Language : English

File size : 48083 KB

Screen Reader : Supported

Print length : 32 pages



Your feet are amazing. They support your entire body, help you walk, run, and jump, and take you wherever you need to go. But sometimes, your feet can also be a source of pain and discomfort.

If you suffer from foot pain, you're not alone. An estimated 75% of Americans will experience foot pain at some point in their lives. The good news is that most foot pain can be prevented or treated with simple measures.

Feet Go to Sleep is the ultimate guide to keeping your feet healthy and pain-free. Written by leading podiatrist Barbara Bottner, this book covers everything you need to know about foot care, from common foot problems to the latest treatments.

In Feet Go to Sleep, you'll learn how to:

- Identify and treat common foot problems, such as bunions, corns, and heel spurs
- Choose the right shoes for your feet
- Keep your feet clean and dry
- Stretch and strengthen your feet
- Get the most out of foot massage
- Find the right podiatrist for you

Feet Go to Sleep is an essential resource for anyone who wants to keep their feet healthy and pain-free. With its clear, concise advice and easy-to-follow instructions, this book will help you get your feet back on track to a lifetime of comfort.

### **Free Download your copy of Feet Go to Sleep today!**

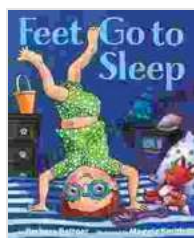
Feet Go to Sleep is available now at all major bookstores and online retailers. You can also Free Download a copy directly from the publisher's website.

Don't wait any longer to get the relief you deserve. Free Download your copy of Feet Go to Sleep today and start enjoying your feet again!

### Alt attributes for images:

\* \*\*Image of a woman with healthy feet:\*\* A woman with healthy feet is standing on a grassy lawn. She is wearing comfortable shoes and her feet are free of pain. \* \*\*Image of a man with foot pain:\*\* A man is sitting on a chair with his feet propped up. He is holding his foot in pain. \* \*\*Image of a

podiatrist examining a patient's foot:\*\* A podiatrist is examining a patient's foot. The podiatrist is looking for signs of foot problems. \* \*\*Image of a book about foot care:\*\* The cover of the book Feet Go to Sleep is shown. The book is written by Barbara Bottner and it covers everything you need to know about foot care.



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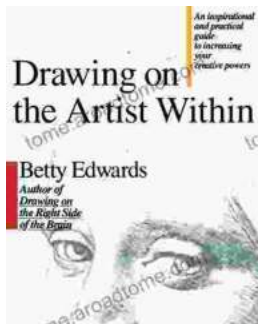
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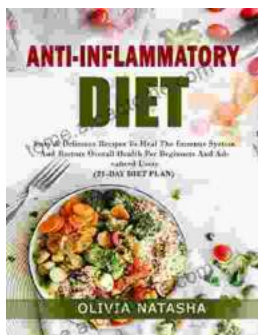
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