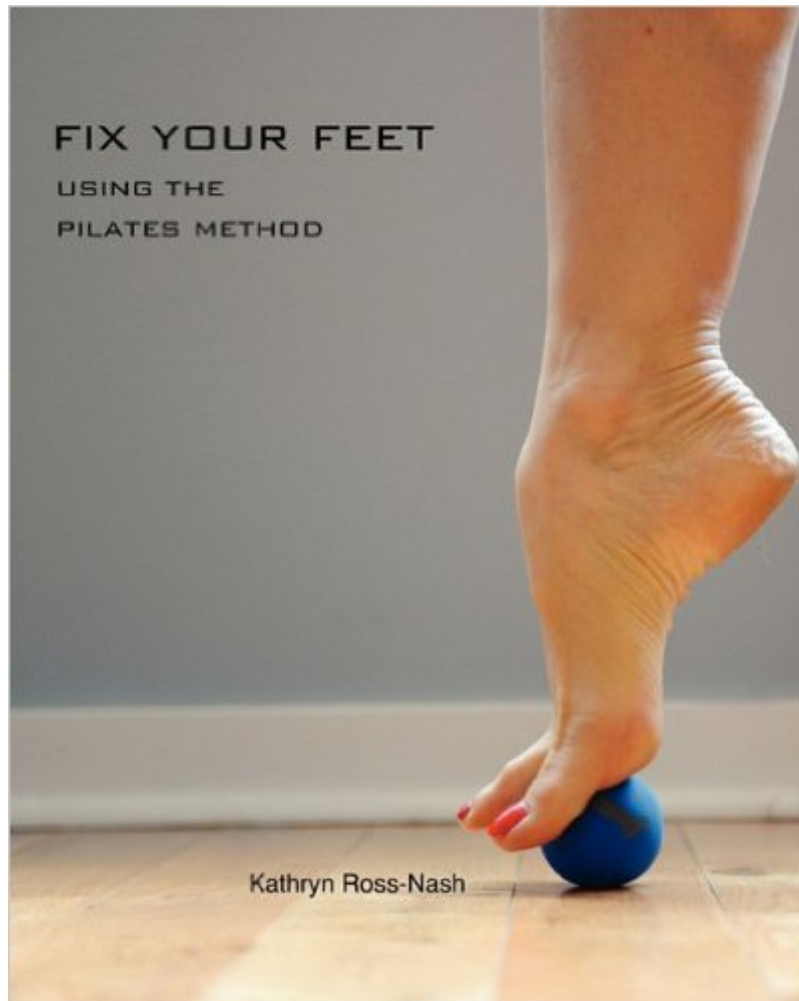


The book was found

Fix Your Feet- Using The Pilates Method



Synopsis

Put Your Best Foot Forward Bunions, fallen arches, curled up toes and plantar fasciitis beware- some simple exercises can combat and conquer these problems! These exercises have been reforming and refreshing tired achy feet for decades. Little devices- such as elastic bands off the head of a bunch of broccoli, a tennis ball or your hand towel that innocently hangs in your bathroom, can be formidable weapons in the war against foot pain. These tools, used correctly, really get the circulation going. Beginning from the bottom up, at the start of a day or as a sweet ending the choice is yours - either way you win. For thousands of years the benefits of reflexology have been enjoyed. This book takes it further -by increasing ankle stability, flexibility, alignment and propulsion. These exercises are often used to help develop speed for an athlete and the arch jump of the dancer. At the end of the day- it just plain feels GREAT. Here is my favorite exercise to become refreshed and revitalized- from the bottom up! This book is for everyone- to prevent pain, to relieve pain or to move you forward with strength and alignment. Get ready to put your Best Foot Forward

Book Information

Paperback: 40 pages

Publisher: Kathryn Ross-Nash New York Pilates (January 1, 2009)

Language: English

ISBN-10: 1450740804

ISBN-13: 978-1450740807

Product Dimensions: 8 x 0.1 x 10 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #82,396 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#) #82 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#)

Customer Reviews

Normally i keep bad reviews to myself but after spending twenty dollars on this book I felt it my duty to express my discontent. Big pictures but very little content. Nothing new at all in this book. Not worth the twenty dollars. Grabbing a towel with your toes, picking up a pen with your toes and then marbles. Roll your foot on a raquet ball in a few different directions, and then pull a rubber band apart with your big toes and you have just about the whole program. Given the scanty amount of content, I would have at least expected the descriptions of the exercises to be well written and

thorough but they were not. It only took about 20 minutes to review all 38 pages. Don't waste your money. You should be able to find the exercises easily with a google search.

I can't see how anyone can give this book 5 stars - unless you're a friend of the author. Otherwise, please. As in instructive book, more care (was there any care?) should have been taken to ensure that the pictures matched the descriptions next to them. They don't in most cases. You are left to guess what applies to what and what the author meant. The info is repetitive while also lacking insight and specificity. Since the author appears experienced and qualified, frankly, I was appalled at the number of typos, poor grammar, and mis-labeling that went cover-to-cover. Save you're \$20 plus shipping and do a Google search for the same information. Wow, was I disappointed when it arrived.

I read another review that the book was overpriced, but thought I'll buy it anyway. I hate to admit it because I'm sure a lot of work went into this book, but it is overpriced. The images are clear, but I was flabbergasted that the photos didn't match the descriptions. For example, page 6 (why are some pages numbered and some aren't?) the images don't match. #1 was the only one that fit with image #1. Image #2 is description #3, image #3 is description #4, and image #4 is description #2. Then for some reason the images are repeated again on the next page. It happens AGAIN on page #26 where the images don't match up with the numbered descriptions. I don't understand this oversight, but it's extremely confusing. I'm spending my time trying to match the images with the descriptions in order to understand it. For \$20, and her kids taking the photography, I would think she could've afforded an editor to proofread the book. The substance is good, but the amount of errors throughout the book make the \$20 price tag not worth it at all. I'd pay 11.99 for it.

I happen to be a certified pilates instructor, so already know some of these exercises. I was stunned by the lack of proofreading done on this prior to publication. There are errors both in text, and in the layout of photographs. Since I know what I'm doing, I could follow along. I would imagine a novice would be confused.

So so sorry to say, I am terribly disappointed that I bought this booklet. It is filled with pictures, of things I could think up myself. No new news unless you are really low body awareness. I was hoping for more. IT was expensive for nothing. TToo bad.

I was shocked at the amount of errors in this book! Clearly no editor on this one. Pictures do not match the experts instructions. Such an amazing woman - not sure why this is so poorly done.

Love this book -- already helped my fallen arches and bunions!

The book includes wonderful instructions with artistic photos to help with the understanding of the teachings. Kathryn Ross Nash hits it out of the ballpark again with her knowledge and experience in the Pilates world. Speaking as someone who has had feet/arch problems in the past, this book has helped and continues to help every day. A must read.

[Download to continue reading...](#)

21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Fix Your Feet- Using the Pilates Method Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told Thru Reflexology Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Credit Repair Secrets: The Complete Credit Score Repair Book: How To Fix Your Credit, Improve Your Credit Score, And Bullet Proof Your Credit Report Using Current Credit Repair Tips Hal Leonard Brazilian Guitar Method: Learn to Play Brazilian Guitar with Step-by-Step Lessons and 17 Great Songs (Book/CD) (Hal Leonard Guitar Method) Complete Blues Keyboard Method: Beginning Blues Keyboard, Book & CD (Complete Method) The Rules of Sociological Method: And Selected Texts on Sociology and its Method Powder Diffraction: The Rietveld Method and the Two Stage Method to Determine and Refine Crystal Structures from Powder Diffraction Data Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential)

Pilates on the Ball: The World's Most Popular Workout Using the Exercise Ball Leptin Resistance:
The Leptin Reset: Discover How To Fix Your Fat Hormones And Reboot Your Fat Burning Engine
Into First Gear Again (Leptin resistance, ... all grain, ketogenic diet, Atkins Diet) Credit Repair: The
Complete Step-to-step Guide To Raise Your Credit Score Quickly And Control of Your Financial Life
(Credit Repair Secrets, Credit Repair Tips, Fix Bad Credit)

[Dmca](#)