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By [M. DeMartini](https://www.amazon.com/gp/pdp/profile/A2HFQQLI9AR3RI/ref=cm_cr_dp_d_pdp?ie=UTF8) on July 29, 2017

Format: Paperback

Compelling Reading! I was so immersed I finished the book in 24-hours, feeling my life unfold as Geraldine Villeneuve accurately and simplistically unveiled the correlation between shoes, foot problems and the ensuing body problems I've experienced over 60 years. Platform shoes in the 70's, high heeled, pointed toe pumps in the 80's, cowboy boots in the 90's and flip flops in the 2000's--no wonder my back, hips, neck and shoulders ache! I'm flying to Vermont to meet this woman and may even change my life to attend her school, become a Master of Reflexology and help change other people's lives! How simple it can be to eliminate body disfunction--and it all starts from the ground up! Like me, you may look at your shoe collection and weep!

