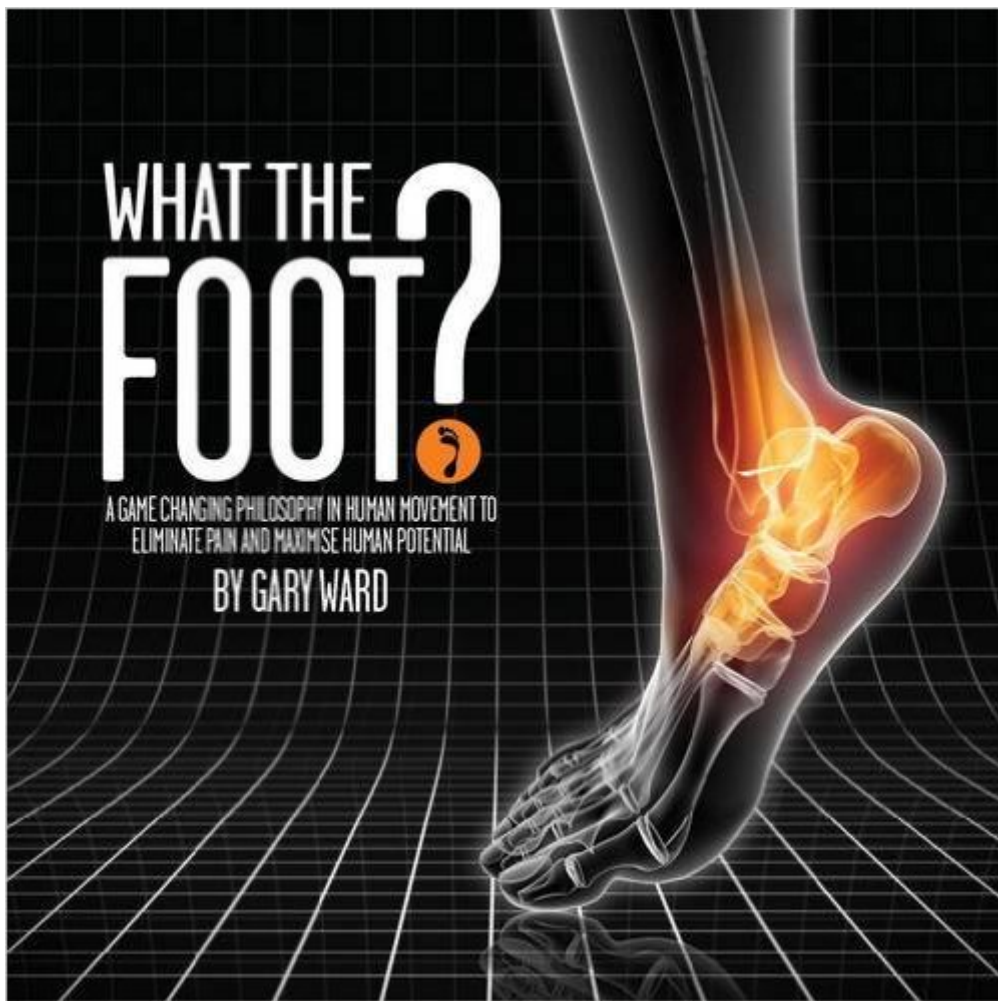


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What The Foot?: A Game-Changing Philosophy In Human Movement To Eliminate Pain And Maximise Human Potential



Book Information

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Customer Reviews

This is one of the best books on movement I've had the opportunity to read. In many ways, it is a total game changer. The past 500 years of our understanding of anatomy and movement have come from studying dead people. What can a dead body teach of about how we move? No much. To understand how our anatomy truly functions, we must study the living, breathing, moving body. Gary Ward explains this in wonderful detail. I can't wait to take his course once it comes to the states. I know it will evolve my practice into a new realm. If you are a movement professional, this is a must read. Jesse James Retherford Movement Specialist Life Changer[...]

This book looks at body mechanics and movement the way it should be looked at. I cannot disagree with anything he says here, and his point of view should be read by all who treat people for chronic pain related issues. Our current culture of well educated health care providers who just get it wrong because they learned it wrong needs to change. Every physician should ask themselves "If we are so good at what we do, why are results so uneven". This guy has a large part of the puzzle most healthcare providers need to understand

Total game changer. Best book ever if you want to really understand the body and help your clients understand their pain. Gary Ward is brilliant! This book changed my life and the way i work with people. Excellent!

What the Foot has helped me immensely to more specifically feel the movement patterns in my own

body, and to make shifts in my focus as a move in ways that result is smoother and more healthy movement. It's an expensive book which I bought because another movement specialist and body worker whom I think highly of strongly recommended it. I read this book carefully and have definitely gotten my moneys worth in the improvements I feel in my own body, and in the greater understanding I have of my clients' bodies. The book has fully inspired me to attend Gary Ward's classes in the USA in the next year. I can't wait!! highly recommend this book for health professionals who support others in moving comfortably, gracefully and efficiently. I expect it would be overwhelming for readers without a strong background in anatomy.

review submitted by Barbara Helynn Heard, licensed massage practitioner for 18 years in Washington state, USA, avid dancer and Pilates enthusiast

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