



Going Barefoot

Katrina Hedges

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Life isn't all about fairy floss, unconditional love, and perfection, although it's wonderful when we get moments of this. We also don't have to ride the scary roller coaster filled with major highs and lows. There are many positive choices we can make for our own happiness and wellness. In *Going Barefoot*, author and professional reflexologist Katrina Hedges narrates how reflexology can help on many levels—emotional, physical and even spiritual.

Katrina shares her personal life experiences of self-discovery, and she includes a compilation of uplifting and sole-reviving authors, song writers, and health information highlighting the benefits of reflexology— a grounding therapy that encourages your body to heal itself and return to a state of balance and assists in reconnecting back to our unique selves. Exploring active relaxation techniques and the value of holistic therapies, her story presents a mind/body connection journey of self-love, courage, and healing.

In *Going Barefoot*, Hedges discusses how well-being is about feeling joyful, loving life, and living the most incredible journey, no matter what challenges arise.

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