

I Feel A Foot

The perfect book to understand standing six feet apart! Follow the story about the King who wants to give the Queen something special for her birthday. The Queen has everything, everything except a bed. The trouble is that no one in the Kingdom knows the answer to a very important question: How Big is a Bed? because beds at the time had not yet been invented. The Queen's birthday is only a few days away. How can they figure out what size the bed should be? How can the people figure out how to measure? Readers will learn it's not that difficult and that everyone can learn to do it.

In this personal and informative book, Michael Beck helps you understand that no matter how big or small your problems are, you can work through them calmly—2 Feet at a Time. Everyone has issues, but often we avoid addressing them. Sometimes we can barely keep our heads above water. Consider The 2 Foot Rule your "life raft." In the book, Michael focuses on 17 areas of our lives that we all can take a look at and work on 2 Feet at a Time. The book is a quick read and will inspire you to take the next step to cleaning up your life.

From the author of the landmark *Shop Class as Soulcraft*, a brilliant, first-of-its-kind celebration of driving as a unique pathway of human freedom, one now critically threatened by automation. "A thoughtful, entertaining, and substantive work about the joys of driving." —Wall Street Journal Once we were drivers, the open road alive with autonomy, adventure, danger, trust, and speed. Today we are as likely to be in the back seat of an Uber as behind the wheel ourselves. Tech giants are hurling us toward a shiny, happy "self-driving" future, selling utopia but equally keen to advertise to a captive audience strapped into another expensive device. Are we destined, then, to become passengers, not drivers? *Why We Drive* reveals that much more may be at stake than we might think. Ten years ago, in the New York Times best-selling *Shop Class as Soulcraft*, philosopher-mechanic Matthew B. Crawford—a University of Chicago PhD who owned his own motorcycle shop—made a revolutionary case for manual labor, one that ran headlong against the pretensions of white-collar office work. Now, using driving as a window through which to view the broader changes wrought by technology on all aspects of contemporary life, Crawford investigates the driver's seat as one of the few remaining domains of skill, exploration, play—and freedom. Blending philosophy and hands-on storytelling, Crawford grounds the narrative in his own experience in the garage and behind the wheel, recounting his decade-long restoration of a vintage Volkswagen as well as his journeys to thriving automotive subcultures across the country. Crawford leads us on an irreverent but deeply considered inquiry into the power of faceless bureaucracies, the importance of questioning mindless rules, and the battle for democratic self-determination against the surveillance capitalists. A meditation on the competence of ordinary people, *Why We Drive* explores the genius of our everyday practices on the road, the rewards of "folk engineering," and the existential value of occasionally being scared shitless. Witty and ingenious throughout, *Why We Drive* is a rebellious and daring celebration of the irrepressible human spirit.

A boy plays with tangram. He uses the pieces to lay a cat - a wonderful cat of course; you can leave that up to Martijn van der Linden. But the cat feels lonely... Suddenly I understood the cat. 'You want someone to play with!' I said. The cat still didn't say anything. But I knew I was right. Now tangram isn't easy. The boy thinks he's laying down a new cat, but it turns out to be a dog, which chases after the cat. A new try turns out to be a crocodile - not what you would call a nice friend! The cat has to put up with a lot before the boy gets a really good idea. He lays down himself! Now they can play together. Artist couple Martijn and Maranke constantly reinvent themselves. In *Tangram Cat*, they surpass themselves yet again. All pictures in the book can be made with the tangram game that is included at the back.

These compact magnetic books, based on the popular *For Dummies* series, deliver concise information in a handy, portable package no larger than a credit card. The innovative design allows the book to fold out to provide 26 pages of useful facts, figures, trivia, and other essential information. The colorful pages are waterproof, tear-proof, and deliver a treasure trove of advice and tips in a guide that slips easily into a pocket, briefcase, or purse. These practical companions also feature a convenient magnetic backing that guarantees to keep them right where they are needed, be it on a refrigerator or file cabinet for easy access. This therapeutic companion contains all the steps for administering a relaxing foot massage from the comfort of one's own home. Invaluable dos and don'ts of the practice are provided, ensuring that tension and stress are released in mere minutes.

Includes an excerpt from Jefferson's sons.

"Wild, weird, hilarious, heartfelt, imaginative, and inventive. The spirit of Kurt Vonnegut is alive and well in its pages." —Jeff Zentner, author of *The Serpent King* "A satisfying mix of mild adolescent angst and creature feature comedy." —BCCB (starred review) "Frighteningly fun." —Booklist (starred review) From the author of *Cure for the Common Universe* comes a monster-movie-like novel that bravely challenges perceived notions of beauty, identity, and modern voyeurism. Phoebe Lane is a lightning rod for monsters. She and her mom are forced to flee flesh-eating plants, blobs from outer space, and radioactive ants. They survive thanks to Phoebe's dad—an invisible titan, whose giant eyes warn them where the next monster attack will take place. All Phoebe wants is to stop running from motel to motel and start living a monster-free life in New York or Paris. But when her mom mysteriously vanishes, Phoebe is left to fend for herself in small-town Pennybrooke. That's when Phoebe starts to transform... Christian McKay Heidicker returns with a book unlike any other, challenging perceived notions of beauty, identity, and what it means to be a monster.

A physiotherapist shows readers how to determine the cause of their aching feet and how to relieve the pain. Looking to get back to a normal exercise routine but your foot pain won't go away? Are any of those massage tools really helping? Do you feel as though you've wasted time and money on new shoes and insoles? It doesn't have to be this much of a challenge. The time has come to discover what's really behind your aching feet and obtain the tools you need to take charge of the situation. With just a few minutes a day, you can get your life back. For more than twenty-two years, alignment-based physiotherapist, Julie Renae Smith, MPT has helped countless people relieve their foot pain using her VITAL ME practice. In *Conquer Foot Pain*, those struggling with foot pain learn: What's causing their foot pain How the body functions at its best Tips, tricks, and techniques that relieve pain How to keep their body strong, stable, and pain-free How their brain can help them, so they don't have to go down this rabbit hole again

Describes the discovery and treatment of Morton's Toe, an abnormality of the first metatarsal bone, which may cause most foot problems, and other body aches and pains.

I Feel a Foot! Boyds Mills Press

Writer/director/producer Justine Bateman examines the aggressive ways that society reacts to the aging of women's faces. "Face...is filled with fictional vignettes that examine real-life societal attitudes and internal fears that have caused a negative perspective on women's faces as they age." --The TODAY Show, a Best Book of 2021 "With her new book *Face: One Square Foot of Skin*, Justine Bateman...is trying to push back against the notion that women's faces are 'broken and need to be fixed'...The book is a meditation on women's faces, and the cultural pressure to be 'ashamed and apologetic that their faces had aged naturally.'" --New York Times "[Bateman] studies the topic of women and aging in her new book *Face: One Square Foot of Skin*." --People "There is nothing wrong with your face. At least, that's what Justine Bateman wants you to realize. Her new book, *Face: One Square Foot of Skin*, is a collection of fictional short stories told from the perspectives of women of all ages and professions; with it, she aims to correct the popular idea that you need to stop what you're doing and start staving off any signs of aging in the face." --W Magazine "The actor and author of *Face: One Square Foot of Skin* wants to push back against the ubiquity of plastic surgery." --Vanity Fair "Justine Bateman extends her creative talents to include fiction in this collection of vignettes that focus on how we've learned to react to women's faces as they age. Based on Bateman's own real-life interviews, the stories dig deep to uncover why we're uncomfortable with faces of a certain age, and argue that confidence--and not cosmetic procedures--are the

answer to the problem." --Town & Country, one of the Best Books of Spring 2021 "Through a selection of short stories, [Bateman] examines just how complicated it is for women to get older, both in and out of the spotlight." --Glamour "Bateman asks, what if we just rejected the idea that older faces need fixing. What if we ignored all the clanging bells that remind women every day on every platform that we are in some kind of endless battle with aging." --TIME Magazine "[Bateman] argues that American society has long equated the signs of aging on a woman's face with unattractiveness. But she also asserts that women need not participate in such prejudice by accepting and internalizing it." --AARP "Right on, Justine Bateman. Thanks for helping us embrace our faces just as they are." --Upworthy "It's been a long time since I read something that made me want to stand up and cheer." --ScaryMommy Face is a book of fictional vignettes that examines the fear and vestigial evolutionary habits that have caused women and men to cultivate the imagined reality that older women's faces are unattractive, undesirable, and something to be "fixed." Based on "older face" experiences of the author, Justine Bateman, and those of dozens of women and men she interviewed, the book presents the reader with the many root causes for society's often negative attitudes toward women's older faces. In doing so, Bateman rejects those ingrained assumptions about the necessity of fixing older women's faces, suggesting that we move on from judging someone's worth based on the condition of her face. With impassioned prose and a laser-sharp eye, Bateman argues that a woman's confidence should grow as she ages, not be destroyed by society's misled attitude about that one square foot of skin.

The hurricane-force wind jolted her out of her sleep. Sweat drenched the bed sheets as she desperately tried to catch her breath and focus her eyes in the depths of the darkness. Panicked, she reached for her husband, who was quietly sleeping beside her. It was only a dream, it was only a dream...wasn't it? The terror of the dream would cross her path eight years later as she stood glancing out of the family room window with Jake the cat draped across her shoulder. This couldn't be a good sign. A Foot in Both Worlds propels her unsuspecting mind into the world of spirit, synchronistic symbols and messages that often need to be unraveled and understood. At times frightening, the fabric of time and space become confusing and mind bending, challenging her to find the deeper essence of the truth she seeks. Why is she here on this planet called Earth, and what were the meanings of the symbols and messages being sent to her? Venture inside the true-life story of encounters with spirits, energetic relationships, and an awakening that traverses the natural and supernatural worlds

Christy Brown was born a victim of cerebral palsy. But the hapless, lolling baby concealed the brilliantly imaginative and sensitive mind of a writer who would take his place among the giants of Irish literature. This is Christy Brown's own story. He recounts his childhood struggle to learn to read, write, paint and finally type, with the toe of his left foot. In this manner he wrote his bestseller *Down all the Days*.

This prize-winning book is both an illustrated tour of a Tokyo rarely seen in Japan travel guides and an artist's warm, funny, visually rich, and always entertaining graphic memoir. Florent Chavouet, a young graphic artist, spent six months exploring Tokyo while his girlfriend interned at a company there. Each day he would set forth with a pouch full of color pencils and a sketchpad, and visit different neighborhoods. This stunning book records the city that he got to know during his adventures. It isn't the Tokyo of packaged tours and glossy guidebooks, but a grittier, vibrant place, full of ordinary people going about their daily lives and the scenes and activities that unfold on the streets of a bustling metropolis. Here you find business men and women, hipsters, students, grandmothers, shopkeepers, policemen, and other urban types and tribes in all manner of dress and hairstyles. A temple nestles among skyscrapers; the corner grocery anchors a diverse assortment of dwellings, cafes, and shops—often tangled in electric lines. The artist mixes styles and tags his pictures with wry comments and observations. Realistically rendered advertisements or posters of pop stars contrast with cartoon sketches of iconic objects or droll vignettes, like a housewife walking her pet pig, a Godzilla statue in a local park, and an urban fishing pond that charges 400 yen per half hour. This very personal guide to Tokyo is organized by neighborhood with hand-drawn maps that provide an overview of each neighborhood, but what really defines them is what caught the artist's eye and attracted his formidable drawing talent. Florent Chavouet begins his introduction by observing that, "Tokyo is said to be the most beautiful of ugly cities." With wit, a playful sense of humor, and the multicolor pencils of his kit, he sets aside the question of urban ugliness or beauty and captures the Japanese essence of a great city in this truly vital portrait.

Hugo is a young Sasquatch who longs for adventure. Boone is young boy who longs to see a Sasquatch. When their worlds collide, they become the unlikeliest pair of best friends. At the Academy for Curious Squidges, Hugo learns all manner of Sneaking—after all, the most important part of being a Sasquatch is staying hidden from humans. But Hugo dreams of roaming free in the Big Wide World rather than staying cooped up in caves. When he has an unexpected run-in with a young human boy, Hugo seizes the opportunity for a grand adventure. Soon, the two team up to search high and low for mythical beasts, like Ogo-pogos and Snoot-Nosed Gints. Through discovering these new creatures, together, Big Foot and Little Foot explore the ins and outs of each other's very different worlds but learn that, deep down, maybe they're not so different after all.

When his grandfather suffers a stroke, Bobby teaches him to walk, just as his grandfather had once taught him.

Ellis loves popcorn. Who doesn't? But one day her school goes on a healthy eating campaign and her dads decide to follow suit, banning all snack foods from their house, INCLUDING POPCORN. Unfair. Ellis has got to get around that edict, so one night she pops a bag of popcorn out back in the garage...and she's met with more than just her favorite salty snack. One kernel refuses to pop, and soon it's sprouted a face, arms, and legs! He introduces himself as Popcorn Bob, and he is NOT in a good mood. (Ever, really.) He's absolutely ravenous, and no amount of food keeps him from being hangry. Bob causes no end of chaos for Ellis, and she decides to rid herself of him once and for all, except...she actually starts to like him. A chapter book for all ages, *Popcorn Bob* is a laugh-out-loud story about the power of friendship, and a perfect bowl of popcorn.

This book will empower you to get your feet functioning as they should do, without any medical intervention. Includes a 4-week plan of quick-and-easy exercises to get your feet back into shape, plus solutions for specific foot issues, from plantar fasciitis to fallen arches. This is a uniquely helpful and accessible guide to taking control of your own foot health by holistic health innovator Yamuna Zake. We don't need doctors, orthotics or even surgery to relieve common foot problems, such as plantar fasciitis, bunions, neuromas, arthritis, hammertoes, and flat feet. By learning a correct gait that uses the entire foot to distribute weight, we can relieve and prevent common foot problems without any medical intervention. The book offers an easy-to-follow 4-week program of routines that take just 15 minutes a day during the program and allows readers to fix their feet and take ownership of their body. Each of the four weeks focuses on a different part of the foot: the heel, the arch, the ball and the toes. There are 3-4 exercises in each section and readers try them all and can choose to focus on those exercises in each section that they enjoy most. This programme is then supported with mindful foot practices to ensure bad habits don't return. Six common foot problems are also explored, including their causes (specific incorrect walking patterns) and ways of preventing and relieving them (exercises plus mindful practices). You won't find any medical concepts or terminology in this book, nor do you need to learn complicated foot anatomy. The whole program is based on what you already know: walking. You'll learn how to walk and stand correctly and to use every part of your feet as nature intended. That's all you need to do!

Don't just treat your foot pain—strengthen your feet to prevent it. Back with an expanded edition of her popular book *Every Woman's Guide to Foot Pain Relief*, biomechanist Katy Bowman has created a new version for both men and women in all walks of life. With updated material and new visuals that illustrate exactly how to strengthen and mobilize your feet, *Simple Steps to Foot Pain Relief* will show you how to change the way you move your body to prevent pain, heal your feet, and halt damage to the rest of your body. Bowman's simple, accessible, innovative program will help you naturally address lower-leg and foot issues such as: - Hammertoes - Bunions - Plantar fasciitis - Poor posture and alignment Bowman walks you gently through exercises to strengthen your feet, what shoes you should (and should not) be wearing, and how these choices affect your overall foot—and whole-body!—health. *Simple Steps to Foot Pain Relief* will teach you how healthy feet work optimally and help you put your best foot forward on the path toward moving with greater ease. Soon to be a major motion picture directed by Gus Van Sant and starring Joaquin Phoenix, Jonah Hill, and Rooney Mara Featuring more than 60 of Callahan's original cartoons "When people laugh like hell and then say, 'That's not funny,' you can be pretty sure they're talking about John Callahan."— P.J. O'Rourke In 1972, at the age of 21, John Callahan was involved in a car crash that severed his spine and made him a quadriplegic. A heavy drinker since the age of 12 (alcohol had played a role in his crash), the accident could have been the beginning of a downward spiral. Instead, it sparked a personal transformation. After extensive physical therapy, he was eventually able to grasp a pen in his right hand and make rudimentary drawings. By 1978, Callahan had sworn off drinking for good, and begun to draw cartoons. Over the next three decades, until his death in 2010, Callahan would become one of the nation's most beloved—and at times polarizing—cartoonists. His work, which shows off a wacky and sometimes warped sense of humor, pokes fun at social conventions and pushes boundaries. One cartoon features Christ at the cross with a thought bubble reading "T.G.I.F." In another, three sheriffs on horseback approach an empty wheelchair in the desert. "Don't worry," one sheriff says to another, "He won't get far on foot." *Don't Worry, He Won't Get Far on Foot* recounts Callahan's life story, from the harrowing to the hilarious. Featuring more than 60 of Callahan's cartoons, it's a compelling look at art, addiction, disability, and fame. A film adaptation scheduled for 2018, starring Joaquin Phoenix as John Callahan, will bring fresh attention to this underappreciated classic.

This book provides 11 unique, silly poems that will delight young readers. With amazing vocabulary and varying poetic styles, children will have fun reading these fun poems, accompanied by adorable illustrations. Featuring poems like "Frankenstein's Monster World Tour," "I Can Fly," and "Oodles of Noodles," readers will be introduced to rhyming and figurative language through entertaining tales.

The Korticos are from a well-endowed pygmy tribe in West Africa; the Mandingas are descended from a tribe of tall Ghanaians. Both families have been brought to Cuba as slaves. Oscar Kortico and Jose Mandinga, inseparable friends, marry a pair of sisters, and in the tiny hamlet of Pig's Foot (Pata de Puerco), five generations of these families will live out their colorful lives through the tumultuous sweep of Cuban history: from slavery through the war of independence, exploitation, dictatorship, and compromised freedom, to the present day when teenager Oscar Mandinga goes seeking the fabled village of his ancestors. Carlos Acosta's first novel is a swiftly plotted island folktale with warmth, humor, magic, and a light allegorical touch. It's a history grounded in sights and smells and human foibles. And it's an enchanting and unexpected debut from an author of many talents.

A witty jungle romp for the adventurer in every kid Safari etiquette can be tricky. Fortunately, our trusty narrator can help. Sort of. From what to do if an elephant stands on your foot ("Keep calm. Panicking will only startle it!") to how to escape the attentions of a crocodile ("Well? What are you waiting for? Wave your arms around and shout for help!"), our plucky guide leads our unlucky hero on a jungle adventure, barely avoiding tigers, a rhino, snakes, and--uh-oh. What's that? Well thank heavens the monkeys are friendly at least! Debut author Michelle Robinson teams with bestseller Peter H. Reynolds for a *Monster at the End of This Book*-style romp, culminating in a hilarious finish that will send readers--and our hapless hero--right back to the beginning for more.

Twelve inches by twelve inches by twelve inches, the cubic foot is a relatively tiny unit of measure compared to the whole world. With every step, we disturb and move through cubic foot after cubic foot. But behold the cubic foot in nature—from coral reefs to cloud forests to tidal pools—even in that finite space you can see the multitude of creatures that make up a vibrant ecosystem. For *A World in One Cubic Foot*, esteemed nature photographer David Liittschwager took a bright green metal cube—measuring precisely one cubic foot—and set it in various ecosystems around the world, from Costa Rica to Central Park. Working with local scientists, he measured what moved through that small space in a period of twenty-four hours. He then photographed the cube's setting and the plant, animal, and insect life inside it—anything visible to the naked eye. The result is a stunning portrait of the amazing diversity that can be found in ecosystems around the globe. Many organisms captured in Liittschwager's photographs have rarely, if ever, been presented in their full splendor to the general reader, and the singular beauty of these images evocatively conveys the richness of life around us and the essential need for its conservation. The breathtaking images are accompanied by equally engaging essays that speak to both the landscapes and the worlds contained within them, from distinguished contributors such as Elizabeth Kolbert and Alan Huffman, in addition to an introduction by E. O. Wilson. After encountering this book, you will never look at the tiniest sliver of your own backyard or neighborhood park the same way; instead, you will be stunned by the unexpected variety of species found in an area so small. *A World in One Cubic Foot* puts the world accessibly in our hands and allows us to behold the magic of an ecosystem in miniature. Liittschwager's awe-inspiring photographs take us to places both familiar and exotic and instill new awareness of the life that abounds all around.

From the author and illustrator of *A Tiger Tail* comes a fun and silly picture book about one larger-than-life—and quite plush—tantrum. Claire and Fluffy are best friends. When Claire is happy, Fluffy is happy. When Claire is sad, Fluffy is too. When Claire is mad? Well, we don't want to go there with Fluffy... But as the day progresses, everything that can go wrong, DOES. Claire has tried to keep it all together. But now, her

