



If the Shoe Fits, Go Barefoot

Sofia A. Wellman

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"After I read If the Shoe Fits, Go Barefoot, I couldn't stop thinking about it. Many of its messages hit home, and once I applied the principles, the book changed my life. A rocky relationship turned into a pleasant one. Major decisions became easier. This book goes much deeper than the typical self-help book, and I'd read most of them."

– The Book Doctor and owner of Zebra Communications

"If The Shoe Fits, Go Barefoot is a must for anyone beginning the journey of self-discovery as well as those who have been on that path. It defines clearly and concisely both the inner and outer worlds of mankind's existence. Non-denominational, it may be said to fit the structures of all religious belief systems, as well as being appropriate for those who are unaligned with any system. Many at this time are searching for a meaning in life and the author clearly defines life's meaning and how to find each individual expression within it. Not only that, the author's description of her personal journey brings a ray of hope to those who feel lost in life. I feel that this book should be prominently displayed in every bookstore."

— Founder of the Karin Kabalah Center

If the Shoe Fits, Go Barefoot Details

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Author : Sofia A. Wellman

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From Reader Review If the Shoe Fits, Go Barefoot for online ebook

Amy says

I won this book through Goodreads Thank you very much. Sofia Wellman had a very interesting life a real estate agent turned self help author. This book got me thinking about my life. I am in the process of trying to make myself healthier. It gave me a push to realize I need to change some aspects of my life and why it is so hard to make permanent changes.

Jeffery Thompson says

I had the off chance of seeing Sophia speak in Boulder a few months ago. I got an autographed copy of this book, because I liked her talk. I finally had a chance to read it and found it really helpful dealing with my kids. The book isn't written about kids, but provides wisdom into yourself and how you bring yourself into relationship with others.

Suzanne Barnett says

This book helped me get to the root of my futile battle of trying to lose weight. I didn't expect that the book would help me with something I've struggled with for the past 15 years.

Lee Choy says

A thorough self help book and an inspirational read. It gave me a lot to think about. I am applying the book's concepts to my life & I'm feeling good about the results. I recommend for everyone who is ready to be happier life.

Dale Lloyd says

Very though provoking and interesting!

Katherine Chap says

All I can say is wow! Great book!! Fresh perspective for a new year--new life. Who is the author? The book should be a best seller. It is honest and thought provoking. I found it on Amazon. The description caught my attention, but I didn't expect to be so taken by the book. A must read!

Melissa McBride says

Well chosen words and fresh outlook to explain why life is so difficult and why change is like pushing a boulder uphill. I have highlighted so much of this authors book. Thank you, Ms. Wellman!

Alexia Drummond says

I am not one who reviews past the star ranking, but had to say something about this book. I loved it! Written well, amazing perceptive, and applicable! Have it on the nightstand & will look back on it often.

Lori says

I won this book from Goodreads. I found it difficult to follow the line of thinking at some points in the book but overall it was a decent book. It does get you thinking about the situations in your life.

john albarado says

very good book

Dan Mislav says

Received this book as a Christmas gift and couldn't put it down. Very relevant information for living a full life. Kudos to the author, she did a great job making self-help applicable to daily living.

Elisha Rodriguez says

I won this book in a Goodreads giveaway. This is a well written book that has much to think about. I encourage any adult who is looking for inspiration and encouragement to read this book.

Alan Feinstein says

Stumbled across this captivating guide to self reflection. Like a fine wine, it blossomed into contemplating the full breadth of meaning as it related to my life.
