



Barefoot Doctor

Described as the hardest working man in “*chi-business*”, the Barefoot Doctor challenges & inspires his audience to take command of their lives & rid themselves of obstacles that get in the way of enjoying life moment by moment.

Mesmerising his audience with stories & humour, he helps them to refocus their attention towards what is most important, clear away mental clutter & energise towards the next goal whether that be in their business or personal life.

An alternative health & spirituality expert, the Barefoot Doctor is a columnist for The Observer & a regular guest on London Live radio. He is also author of a number of cult classics including **Barefoot Doctor’s Handbook for the Urban Warrior & A Spiritual Survival Guide**. His latest book is **Return of the Urban Warrior**.

Many of his ideas & exercises are based on Taoist (ancient oriental) techniques, which he blends into an easily absorbed package applicable to post-modern life. His lasting impact on his audience lies in his ability to get them experimenting with totally un-embarrassing, yet mildly challenging inner games, in order to realise their full potential.

His style can be classed as ridiculously entertaining, gently commanding, exhilaratingly irresistible, non-threatening, non-invasive, utterly respectful & absolutely irreverent. He is the perfect choice for any audience that needs to re-focus, re-energise & have a positive mental approach to the challenges they face.

**For more information on the Barefoot Doctor,
Contact: 0113-239-2222**