



Shoe Are You?® Stiletto Handbook

**HOW TO  
BE TRULY**  
*Unstoppable*  
**IN YOUR  
STILETTOS**

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**“All I want are high,  
high heels. If I was a girl,  
I’d wear a lot of high heels.  
High, stiletto heels.”**

*Isaac Mizrahi*



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# 1. INTRODUCTION

Why DO we love stilettos?

Stilettos make you strike a pose whether you want to or not.

Stilettos lengthen your leg.

Stilettos shave off a quick ten pounds.

Stilettos are like a serotonin reuptake inhibitor –  
without the side effects.

Stilettos change the way you walk, the way you stand and the  
way you carry yourself.

Stilettos are the shoes most charged with multiple different layers of meaning. From their birth from a nameless Florentine artisan in 1530 to Christian Louboutin's hidden platform and skyrocketing heel heights, there is no shoe more fraught with desire, passion and conflict than the stiletto.

There are women who want to wear Stilettos but find them too wobbly or painful, there are women who find Stilettos offensive, there are women who are Stiletto girls only and can't wear flats because their Achilles tendon has been shortened, there are women who wear their Stilettos only for special occasions, women (and men!) who wear them to the bedroom, women who never have worn a pair at all. They are infused with erotic desire, with high fashion silhouettes, and cultural symbolism. They are objects of lust among die-hard shoe fanatics, they are mini sculpture, works of art. The thousands of women I talk to every year about their shoes, all have at least one Stiletto story: whether it be the ones that make them feel like a queen, the ones they fell out of or the ones they hate. Nothing incites a woman's opinion more quickly than when you bring up the topic of a Stilettos. We all have a passion for them – whichever way our passions lay.



As I mention in my book, *Shoe Are You?* You don't even have to wear Stilettos to get a little Stiletto attitude. However, if you ARE going to wear Stilettos, I wrote this book to help you fully understand how to shop for them, get the most out of your Stiletto investment, and most importantly, walk confidently in them.

### Getting Attention in Stilettos

A little secret: It's not actually the stiletto that people respond to. It's the confidence and self-possession you exude when you're wearing them.

### Stilettos + SEX

Let's not leave out the undeniable connections of the arch of your foot in a Stiletto to seduction and intimate pleasures of every kind. And while you may think seduction might be out of place in a place of work, think again. For what sale, what pitch, what project doesn't rely on some level of seduction to gain momentum, allies and completion?

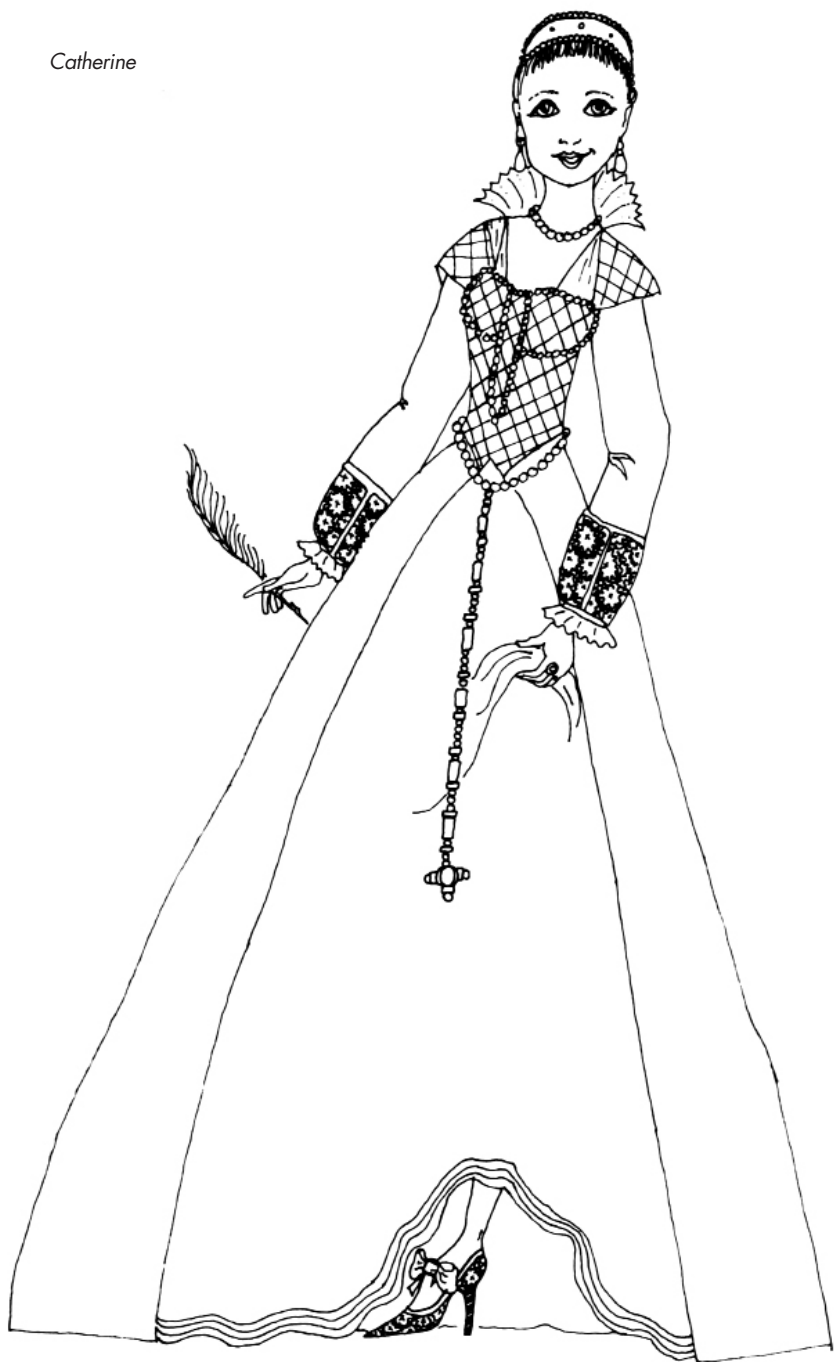
## 2. CATHERINE DE MEDICI AND THE HISTORY OF THE HIGH HEEL

Let's talk a little bit about Stiletto History 101.

The word stiletto of course comes from the Latin stylus, which means "slender dagger." Now, I'd say you're automatically starting on a fierce note if you have a dagger on your foot.

Legend goes that the very first high heel was in 1530, when Catherine Di Medici as a 13-year old girl, was being married off to the King of France, Henry the II. Here she was a little Italian girl, and

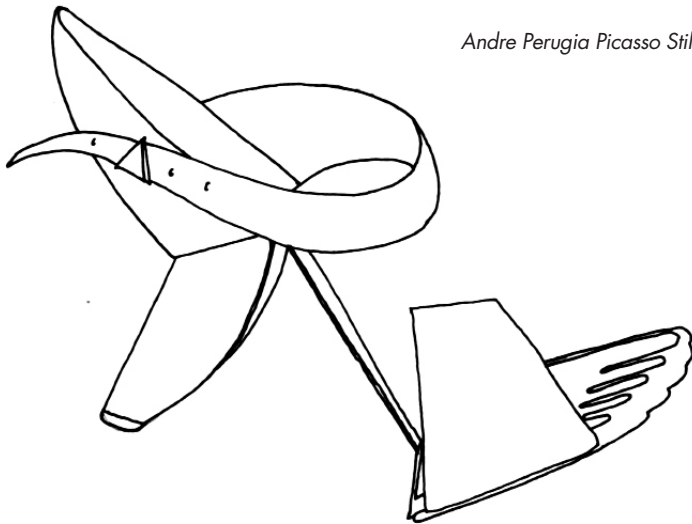
Catherine



she's gotta go make an impression at the French Court. I think we all know how hard the French are to impress. So what does she do? She asks a still unnamed Florentine artisan to make her a pair of special shoes that will knock those Parisians out. choke on their baguettes. So he made a pair of stilettos. And she got to the French Court – and she set the French Court abuzz. Because as she walked in, she had this slow, undulating, walk that no one had ever seen before. Today, she probably would have had a reality show on MTV. But back then she went on to be a long living, and very successful queen.

# 3. MODERN-DAY STILETTO MASTERS: PERUGIA, VIVIER, FERRAGAMO + LOUBOUTIN

When it comes to Stilettoes, it always starts with the Italians.



*Andre Perugia Picasso Stiletto*

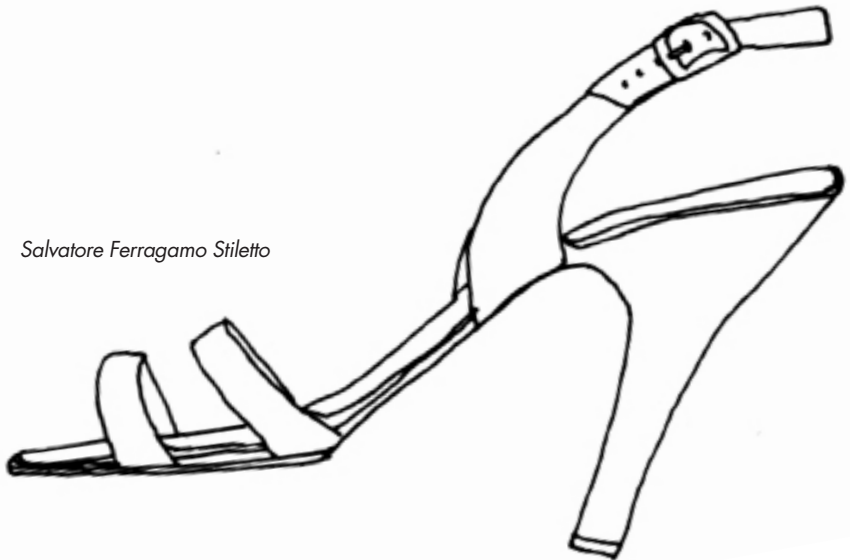
Andre Perugia was a little Italian boy living in the posh resort town of Nice, France and when he was 16 in 1909 he opened his own shoe shop. Growing up in a family of engineers, Perugia experimented with

height, architecture and used his engineering background and love of art to create some of the most inspired shoe creations ever seen in shoes even today, including the heelless shoe, high platform mules and even a tribute to his favorite artist, the Picasso shoe.

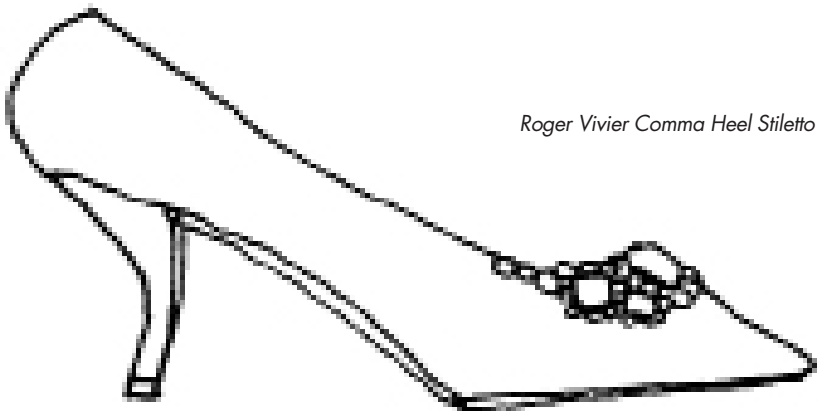
A designer for the Hollywood set as well as high society he paved the way for all the Stiletto masters to come.

At the same time, two other Stiletto geniuses were making scintillating creations in their design studios.

*Salvatore Ferragamo Stiletto*



Salvatore Ferragamo was designing for starlets like Marilyn Monroe and even coming up with some very savvy innovations like using corks for wedge heels (very lightweight), creating a transparent sandal and experimenting with tons of different materials like raffia, that hadn't previously been used for shoes. He of course was also making Stilettos with the advent of what was called, the "Pin Heel", which allowed designers to make a very strong but thin Stiletto heel.



*Roger Vivier Comma Heel Stiletto*

But Stilettos really exploded onto the mass market scene when Roger Vivier designed a pointy, high heel fortified with a thin metal heel tube for Dior. Paired with a New Look circle skirt, and debuting in 1954 at the Christian Dior fashion show, these

shoes made an international splash and set the fashion and ready-to-wear communities afire with the desire for these incredibly feminine heels. Because of this, Vivier is often heralded as the creator of the Stiletto.

*Very Prive Stiletto*

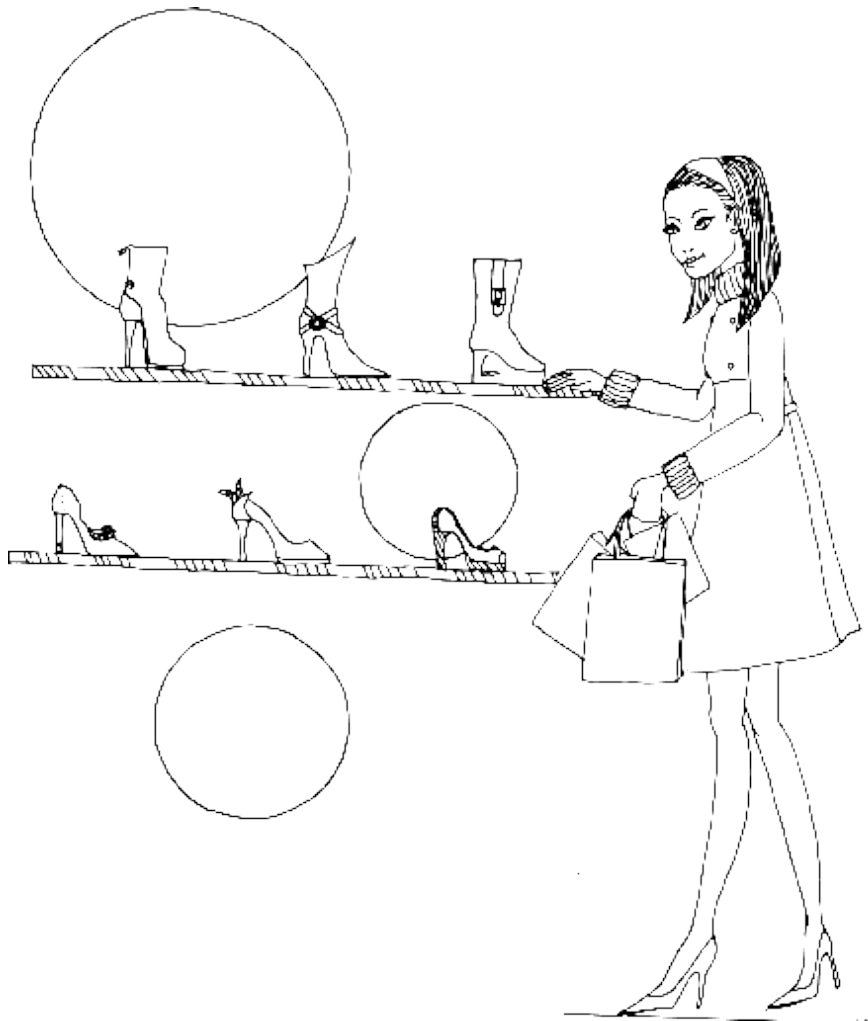


Fast forward to our contemporary friend Christian Louboutin. Louboutin grew up in the burlesque halls in Paris, greatly inspired by the dancing ladies he saw every evening. In 2003 he created the Very Prive – a new kind of Stiletto with a hidden, wrapped platform that combined the super-high sexiness of a stripper stiletto with the refined lines of a gorgeous high end shoe. The style took off as we know, and inspired and propelled shoe designers



across the globe from luxury to chain stores, to start going higher and higher with heels.

Some of the new Stiletto masters on the horizon? Jerome Rousseau who like Perugia is very inspired by art and architecture, Nichols Kirkwood, Nicole Brundage, Max Kibardin, Chrissie Morris, Tabitha Simmons, Joanne Stoker, Lislle Yeung, Brian Atwood, Beatrix Ong, Diana Broussard, Raphael Young, Olsenhaus and many other up and comers who are turning the idea of what the Stiletto can be on its head.



## **4. STRATEGIC SHOPPING: HOW EXACTLY TO GET THE MOST OUT OF YOUR STILETTO INVESTMENT**

Ok I don't know how many times I can say this, because it is never enough! When you shop for Stilettos the number one thing to focus on is FIT not SIZE! The footwear industry has no standard across sizing, at all. You might be a size 9 (or 39) in one brand and a size 8 (38) in another. Or like me, your size might vary by up to TWO sizes when shopping for Stilettos. So do not be concerned with what the actual size of the shoe is. Use size as a guide and always always try on sizes above and below what you think is your size. Fit is the most important thing to shop for, you want to make sure you feel really good in your Stilettos.

Lasts, but definitely not least in conjunction with fit, getting to know your lasts is important. What does this mean? So, when shoe makers make a shoe, it is created on a 3-D sculpture called a last. Every shoemaker creates and uses different lasts than another shoemaker. So what this means is, there are some brands of shoe that are going to work better for your foot than others. You may have already discovered this. Perhaps you find you have bunch of shoes from the same brand that you seem to return to again and again. This is good. When you are shoe shopping try as many different brands as possible on and start to get to know which ones work for you. For example, I have heard that Sarah Jessica Parker, who was a dancer when she was younger, prefers Manolos to Jimmy Choos because the Manolos are great for her dancer's foot. They fit her well and she has been wearing them for years, way before *Sex and the City*!

## Savvy Stiletto Shopping Tricks

Most online shoe store do free returns. Which means you can order a few different sizes of the same style, try them all on in

the comfort of your own home, and send back whichever pair doesn't work for you.

### **Shop at the end of the day when your feet are their biggest**

When you are shopping for Stilettos, you always want to shop at the end of the day when your feet are their biggest. Think cocktail hour, 6 – 8 pm, it's a good time to relax and a good time to get a more accurate read on how your Stilettos are going to fit.

### **Balance, balance, balance**

Like life, It Is all about balance when you are shopping for Stilettos. There are architectural details and actual negative space and physics that go into building a high heel and we can use this to our advantage when shopping for Stilettos we are going to feel very good and solid in.

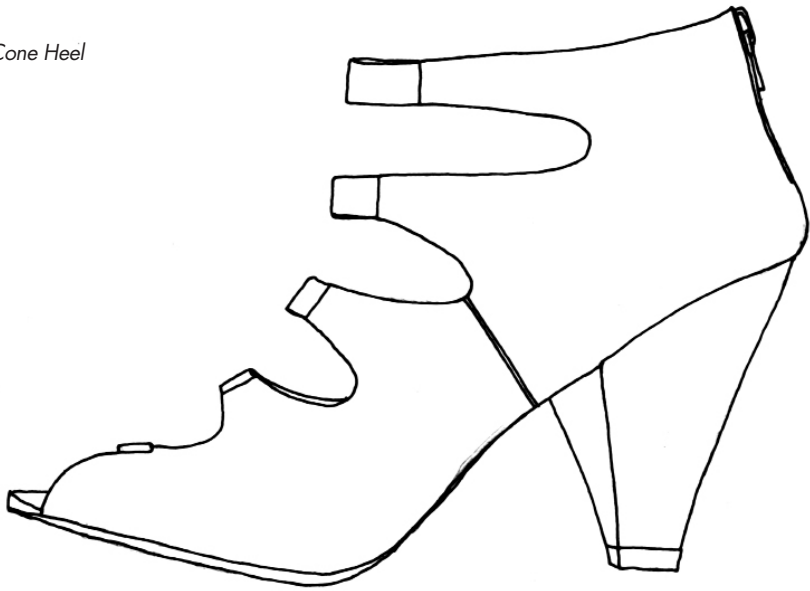
### **Don't be a heel**

Heels are important to look at when you are shopping for Stilettos for many different reasons. The first being that how the heel is attached to the rest of the shoe is absolutely key. The part

where the heel is attached to the upper of the shoe creates the right amount of balance. Hilariously, this is called the breast of the shoe. And, the larger the breast of the shoe, the better the stiletto will be balanced. So, remember, when you are shopping for Stilettos look for big boobs.



*Cone Heel*



## **Cone heels**

Cone heels not only have big breasts, but they also have a bigger diameter in total. Cone heels are a great way to get a bit more balance built in to the actual Stiletto which can make it much more comfortable for walking.

## **Straps**

If you are a first-time Stiletto wearer, you want to really have as much balance and support as possible going for you. This means Stilettoes with thick straps up to the ankle will work well, an ankle bootie, a knee-high boot – all of these have a lot more support for holding your foot in the shoe and making the shoe more of an extension of your foot. Stilettoes with thin straps, Stiletto mules, these are not for the first-time Stiletto wearer, only for the more advanced.

## **Materials**

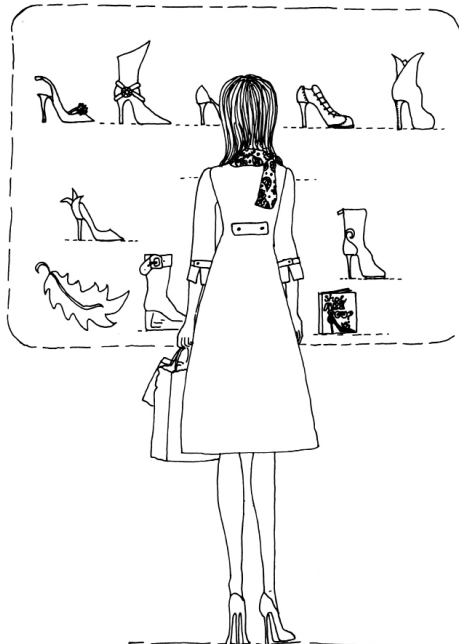
Materials are another area where you can set yourself up for more comfort in your Stilettoes. Look for materials that are as soft as possible. This includes buttery leathers, fabric or cloth, high quality faux leather (there is much of this out there right now with the advent of amazing eco-friendly Stiletto brands). But you want to look for what feels like the softest and most breathable materials. This does not mean floppy however. The Stiletto needs to have structure, however the softer the material on the upper, the less potential pain you will experience.



## Cost per wear

When we talk about cost-per-wear we are talking about value. How to get the most value out of a Stiletto we buy. With cost-per-wear you take the price and divide it by the number of times you wear it. So for example, those pricey designer Stilettoes you bought two years ago that you have worn at least 100 times, the cost per wear is probably at this point quite low – which means you got a lot of value out of them. The cheaper purple platforms you bought on a whim and wore once? Probably actually have a higher cost per wear = less value.

*Stilettoes are Strategic*



## **Stilettos are Strategic**

So when you shop make a strategic plan before you go shopping.

Ask yourself some questions:

*How much do I want to spend?*

*What do I want these Stilettos for? Special Occasion?*

*To go out? Everyday?*

*What brands have lasts that fit my foot?*

*What the brands that fit me the best?*

*What is the look I am going for? Trendy? Chic?*

*Conservative?*

*Am I looking for a specific color Stiletto?*

*A specific style? Strappy? Pump? Peep-toe? Bootie? Evening?*

Then do some research online.

*What do you see out there that you like?*

*Are there any specific styles you like?*

*What is the price range for the Stiletto you envision buying?*



Planning is important to get the highest value and lowest cost-per-wear out of your Stilettos. This kind of planning will separate your investment Stilettos from your regular shoes, and your whim Stilettos – which can also be fun to buy as well.

So once, you've asked yourself these questions and done some research online – then and only then, is when you go

shopping. You will get a lot more out of your purchase, the more diligent you are about your research.

Now, I do understand that sometimes the pull of Stilettos as art is too strong of a siren song to resist. You may see a pair in the window or try a pair on that do not fit within your research at ALL, and become so besotted with their shape, their texture, their beauty that you buy them on the spot without any heed whatsoever. And for some, Stilettos are actually art and they collect them the way people who collect

rare coins or fine cars do. I get it, I really do, but unless you have unlimited amounts of disposable income, this is a feeling I would give in to only once in awhile. Most likely your art-form Stiletto purchases won't be your lowest cost per wear ones. But sometimes we need a pair of totally gorgeous outrageous shoes as well.

### **Make 'em Last**

Now, once you have bought some Stilettos, here's are some tips you can implement before you even wear them once. This will make sure they will be around for a long time.

### **Tap your toes**

If you bought a pair of very pointy toed Stilettos, a toe tap is a good investment. These are very low cost and usually can be put on in any cobblers shop for a few dollars in a few minutes. They really save the point from getting banged up too quickly and contribute to longevity.

### **Add a rubber sole**

When you buy really beautiful high end Stilettos with leather

soles it is sometimes hard to think of covering them up with a rubber sole. I understand. However leather soles do not often last as long as rubber, so it's a good idea if you want to preserve the longevity. Make sure to see the kind of sole the cobbler will put on before you commit to it, you need one that is very very thin and will not add to the weight of the toe box. And, bonus, not only will it protect delicate leather soles, it also adds another layer of comfort as rubber absorbs shock.



## **Spray 'em down!**

This is a trick I have used time and time again. Get a can of waterproof spray at the drugstore. Now, you are going to layer and spray the waterproofing spray a minimum of three times, if not five or eight. Spray, then give them an hour to dry, spray again, waiting an hour in between, up to eight times, then the last time you spray let them dry completely over night. This will help not only to repel water but also dirt.

## **Salt is the Enemy**

Please remember ladies that salt is your enemy. There is no greater destroyer of Stilettos than salt on Wintry sidewalks. Salt will gobble and corrode your Stilettos in no time. So! Every you come in from a wintry Stiletto evening, you must wipe down your Stilettos right when you get home, ASAP.

A little trick is to have a Stiletto cloth and a little tin of saddle soap next to the door just for this purpose.

## **Stiletto Update!**

If you feel like you need a new Stiletto injection, but don't have the budget right now there are lots of great way to update old Stilettos without breaking the bank:

### **Dye 'em**

Take a pair of neutral Stilettos and take them to the shoe shop to dye them a hot color: deep purple, hunter green, bright pink or dazzling burgundy.

### **Clip 'em**

Shoe clips are GENIUS and ad instant sass to any Stilettos. Buy some already made, go shopping on Ebay for a pair of vintage ones, or make them yourself with a glue gun and some vintage earrings.

### **Sox it up**

Textured hose and tights make old Stilettos seem new again. Try layering your tights – a fishnet over a bold opaque, or doing an

contrasting thin ankle sock with solid color tights, for evening, take a pair of black tights and sprinkle a dash of glitter from your makeup drawer or your children's craft drawer from thigh to ankle. You'll give off a little glow.



## **5. MYTH OR REALITY - CAN STILETTOS EVER REALLY BE “COMFORTABLE”?**

Stilettos weren't created to be comfort shoes. They are not to play basketball in or to hike or to walk long miles while traveling in. The truth is that your weight multiples by a factor of eight, concentrated on the ball of your foot, when you stand in Stilettos. Which is the big reason there's so much controversy around them. If they are so painful why are they so great? Don't they inhibit a woman by making it hard to walk? Aren't Stilettos anti-feminist?

So here's the dealio.

Stilettos, like everything else in life, need to be worn with moderation. So yes if you wear Stilettos everyday for ten years your Achilles tendon will shrink and you won't be able to wear flats. And no Stilettos aren't practical. And if you never ever wear Stilettos, trying on a pair can be daunting because they might seem foreign and wobbly. But the beauty about Stilettos is that they literally lift you up. Greek actors in ancient times would wear elevated shoes on stage to appear taller, and incite a feeling of grandeur. Add the height to the fact that Stilettos do lift and lengthen the leg (into what scientists say is the biological arch of seduction – breasts out, butt up), and you've got kind of an undeniable cocktail going on.

Once you know how to shop for Stilettos, make them comfortable for you and walk in them confidently, there really is no other thing you put on your body that can give you such a literal and metaphorical uplift.

Then, to add to all these heightening effects, it turns out when you walk in Stilettos you are forced to use what's called your "powerhouse" in Pilates – a network of muscles in the lower center of the body from which all your physical power emanates. Tapping into your powerhouse is no small feat, and many pay lots of money to do so in expensive classes and hours with their trainer. So, tap into that power a little bit. Own it, werk it!

### **Don't blame yourself, blame the heels!**

There's an interesting trend that started with our friend Mr. Louboutin when he made the Very Prive. This shoe took the highest end of the spectrum in heels and stretched it to the limit. Typically Stilettos did not ever used to be more than three inches high, anything higher was considered fetish or stripper shoes. Louboutin took that idea and turned it on its head – and every other brand of Stiletto soon followed. So many times, women tell me, 'I used to be able to wear high heels but now I can't'. Truthfully, its the heel heights that have changed, not you. So another shopping tip: two and a half inches is the sweet spot for heels. Podiatrists actually recom-

mend at least an inch and a half, so add another inch and I have found that's a good place to start. Two and half to three inches is usually pretty manageable. And we'll go over some other ways to make your Stilettos more comfortable all around as well.

### A word on Platforms:

Platforms have been resuscitated time and again throughout history. From Venetian courtesans who thought the higher the better, to French aristocrats who didn't want to have their outfits touch the garbage in the streets, to 1970's women and men who discoed fervently in their Lucite eight-inch heels, to present day. The platform always represents an extreme time in history, a time when raucous noise seems to need to be made, or when societal mores must be turned on their heads. I dare say, sometime they incite their own revolution, however large or small.

From Naomi Campbell's 1993 Vivienne Westwood runway fall heard 'round the world, to the Proenza Schouler slipup in 2006, platforms tend to draw attention - whether you are standing tall or falling over.



And, fashion's best-kept secret? Platforms can sometimes be more comfy than Stilettos. Do a little of my favorite kind of math, Platform Math: a 4-inch spiky heel angles your foot at the

full 4 inches. Subtract the front of your platform and you'll see that a 4 inch heel with a 1 and a half inch platform reduces that angle to a mere 2.5 inches – the sweet spot!

### **FIT FIT FIT**

Ok did I say this already? Focus on FIT not size. Yes, I know I have to tell you again before you will listen so I am.

### **Break 'em in**

Ok people, just FYI when ballet dancers get new toe shoes they practically crush them, pound them, bang the heel down in the back of the shoe and almost destroy them before they are ready

to wear! These ladies are smart. They are customizing their shoes just for their individual feet AND they are following my number one rule which to break them in before wearing them. So often we are on the Stiletto high. We bought a fabulous pair of Stilettos and we are so excited thinking about oh we are going to wear them tomorrow all day to work and then to that event and it will be amazing and I will look so HOT and omg I can't wait to wear them. Ok.

Let's try to be a little real with ourselves.

How likely is it that a pair of Stiletto you have never ever worn before would feel amazing after wearing them for 12 hours?

Just asking.

That's what I thought.

Ok so!

Always break them in.

For the heel, break in the heel of your shoe by gently bending the heel forward and in towards the insole to soften the hardness of the leather, then slip in some heels pads or moleskin foam on the inside of the heel to lessen any friction between back of your heel and your shoe. This will also give a better grip to the Stiletto as well.

### **Identify potential pain spots**

Before you put those new Stiletto to the test with a day of wear, you must identify potential pain points. This is key. Remember the ballerinas! They know their individual feet so well, and they go to great lengths to make sure their shoe fits.

The best way to do this is to get out your Stiletto and wear them around the house for a few hours. Maybe do some vacuuming or just go about your daily life, but wearing your Stiletto. You will immediately be able to identify any potential trouble spots – here's how. ANY part of the Stiletto that feels the least bit of pressure will most likely be where you will feel the most pain. So that leads us to our next step, which is tailoring your Stiletto for you.

Tailor your shoe for you

A fine suit always looks better tailored because it is fitted to your specific body type. The same for Stilettos. After you have identified any potential pain points, you will want to take some mole-skein foam and put it inside the Stiletto (NOT on your foot!) wherever there could be a potential pain issue. You are heading things off at the pass this way and this will greatly reduce discomfort. Mole-skein foam is great because you can cut it into any shape you might need from back of the heel to inside of a strappy sandal. You can find mole-skein foam at most any drugstore.

Remember the ball of your foot will now be bearing eight times the weight it usually does. Also, as you age, the padding in that area of your foot decreases. So you can get your foot injected with silicone (yes, people DO do this to be able to wear their Stilettos) or, you can do something a bit cheaper and less invasive which is to buy ball of foot cushions for inside your Stilettos. There are many great brands out there now that are slim enough and cute enough to fit in even strappy Stilettos. These are a must before you wear your Stilettos for the first time.



## **Know your Stiletto limits**

Know how long you can stand in each pair of your Stilettos, for example your four-inch python pumps might be 45-minute Stilettos, and your trusty black pump Stilettos might be four hour Stilettos. Again, it's important to be real with ourselves here. How long realistically can we take the pair of Stilettos we are going to put on? Assign a time to each Stiletto and then wear them accordingly. For example, if you have a pair of 45 minute Stilettos, wear them to the first 45 minutes of the party, make your entrance and feel fabulous. But know you will be slipping out of them after 45 and switching into your spares. Which brings us to:

## **Bring a spare**

Bring a spare pair of cute ballet flats you can tuck in your purse. There are a bunch of great brands of foldable flats out there right now and they tuck up very easily even in an evening handbag.

## **Preventing Stiletto Hangovers**

Yes there is such a thing. When you get home from wearing Sti-

lettos do a simple runner's calf stretch up against the wall. Hold for 45 seconds, each leg and repeat three times. This helps immensely with any residual tenderness you might have the next day, and for perpetual Stiletto wearers, it helps your Achilles heel from becoming permanently shortened.

### **Tips for tender toes**

Ok, so when you DO get a blister, here is what to do.

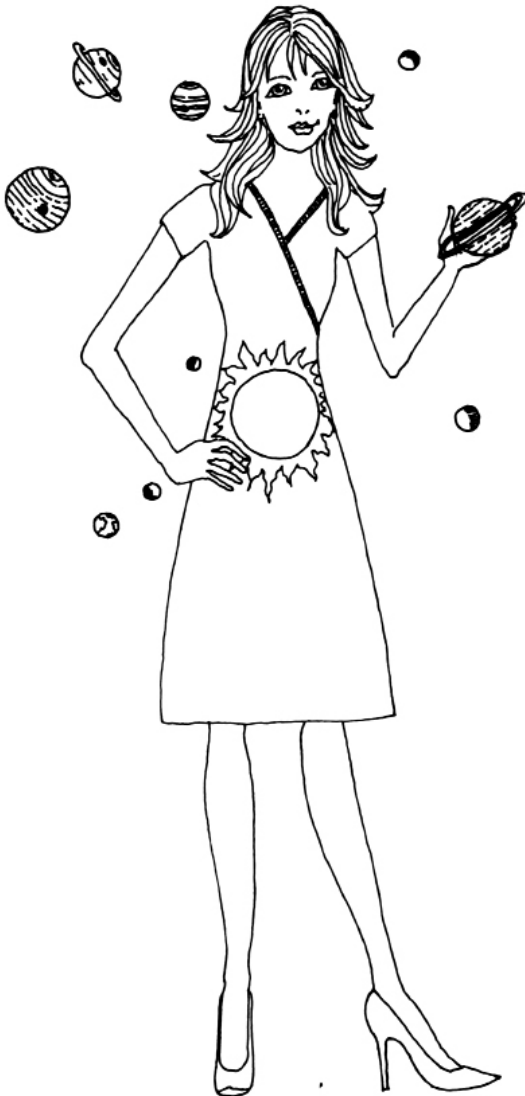
First, STOP wearing the Stiletto. ASAP. We all do this – we think oh its just a blister, no big deal. But blisters are incredibly painful and can take weeks to heal if you don't stop wearing the Stiletto that is giving it to you immediately.

Give that Stiletto at least three days off.

### **Heal it**

At night, take off the band aid and soak your feet in as warm water as your blisters can stand for one half hour. After you have soaked, rub a gentle moisturizing lotion into the entire foot before you get into bed--any non irritating lotion will do. This will

soften the skin and lessen pain the following day. And regular band-aids usually will not cut it with blisters – you need the special blister band-aids which you can find at any drugstore.



## 6. WALKING IN STILETTOS LIKE THE HOT RUNWAY MODEL THAT YOU ARE

### Step by Step

Walking in Stilettos is vital to a woman's power and strength. Building core muscles in your powerhouse (including the ever-handy Kegels!) ensures a woman is in full possession of herself as she walks down the street, across the bedroom, or into a boardroom. Wherever life takes you, Stilettos can add an air of confidence, fun when you know how to work it.

Walking in Stilettos is just like Pilates. Both strengthen your core muscles and guide you to pay attention to the middle part of your body, where all movements have their start.

## **So let's begin!**

Put your stilettos on! (Remember ladies, only 2 ½ inches or higher count!) Situate yourself in front of a full-length mirror, a few feet back. Look at yourself admiringly. Your legs are long, your calves voluptuous. Revel in your womanly glory.

### **Lesson One: Get your Stiletto on**

First, close your eyes and mentally identify your core muscles: Abs and transverse abdominus. Touch them lightly with your fingertips so you can intrinsically intuit them. Take a big breath in and hold. Because your feet are no longer balancing you, your core is the place that will now need to keep you steady. This is the place you need to walk from. You will want to picture your legs scissoring out from this, your all-powerful core.

#### *Tip*

Try to do Tree Pose at least twice a day. This is an excellent yoga balancing pose that will give you more control as you speed through your day in Stilettos.

## Lesson Two: How to Walk

Ok! Let's get walking! Take one step out with your right leg. Watch yourself in the mirror, observing how your sexy leg relates to your core. When you feel steady on your right leg, put all your weight on that leg and pull up thru your core for balance. Yes! You've got it! Now, gently bring your left leg forward past your right. See? Not so hard. Notice in the mirror how your body sways. What parts of you move and what don't? How do you look while moving your legs? Keep going and slowly move around the room away from the mirror, concentrating on holding your abs taught and intending elegance in your moves. Try this at least once a day for 15 minutes until you begin to feel steady. Then, hit the sidewalk to practice some more. Remember, even if you carry your flats in your bag and wear your Stilettos only from the house to the car—know that you have succeeded!

### *Tip*

Pretend a string is running through center of your body when you are walking. It's a lot like Ballet without the tutu.

City sidewalks

Now ladies, City Sidewalks are a much different animal than suburban sidewalks or interiors. The perils of a City Sidewalk are many, but fortunately there are many ways to keep your panache about you. The number one City Sidewalk tip is to always be aware. This means scanning the sidewalk a few feet in front of you at all times is crucial to maintaining ease and balance. Look for: irregularities in sidewalk height, holes, puddles or other trepidations. Being the divine and flexible multi-tasking woman that you are, you will find your body immediately adjusts to irregular terrain as soon as you spot it. By continuing to hold steady within your core, you avoid any flailings to the ground. Since a city sidewalk inherently has the quality of hurrying to get somewhere, your pace will be much faster.

\*A special note on subway grates: as you know, these things will bring you down in a flash and ruin the finish on your actual heel to boot. While you are scanning, if you see a subway grate, immediately take steps to avoid it. If for some reason you cannot, you will need to exercise the ultimate in core power and walk only on your tiptoes across the length of the grate. Move as quickly off the grate as you can.

### **Across the bedroom floor:**

Hopefully, when you are walking across the bedroom floor, you are not the only one in the room! Your destination most likely is your honey, who is waiting with baited breath and anticipation as you saunter towards them, with only one thing on your mind. Miss Meghan's advice is to keep it, slow, languorous and savor every moment. Each step you take, repeat this mantra to yourself: "I am the most beautiful gorgeous creature that ever lived". Combined with your Stiletto-power, the object of your affection will think so too.

Tune into your core, your most feminine part of you, be ok with teetering a bit your first few times out, and be willing to step out of your comfort zone. These three principles will guide you well whether you are walking in Stilettos or just zooming through life.







Shoe are You?® Stiletto Handbook: How to be unstoppable in your Stilettoes was written by Meghan Cleary, aka MissMeghan, America's Shoe Expert, illustrated by Mary Pressel Cline and designed by Peter Ratcliffe.

Meghan Cleary is the internationally recognized footwear authority whose insight on everything from the latest shoe trends to the hottest footwear designs to red carpet stilettoes at the Oscars and Emmys has appeared in more than 4,500 media outlets throughout the world.

For the last five years Meghan has travelled the world pursuing her passion for footwear -- interviewing shoe designers, learning about lasts and construction and materials, predicting footwear trends, talking to consumers about their shoe desires, hosting shoe fashion shows everywhere from Macy's to Nordstrom to Bergdorf Goodman, and talking to celebrities about their shoes on the red carpet for everyone from E! to TV Guide Network.

For nine years she has served as contributing editor at JCREPORT where her coverage on shoes and shoe trends has been cited everywhere from the Fashion Institute of Technology to WGSN.

Contact Meghan for a press story or book her for a TV appearance [click here](#).

To have Meghan come and speak at your event [click here](#).

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