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Sommario/riassunto	"Don't just relieve foot pain-prevent it from happening again. Biomechanist Katy Bowman is back with an expanded edition of her popular book Every Woman's Guide to Foot Pain Relief, and it's for everyone-men and women, no matter what state (or shoe) they're in. With updated material and new visuals that illustrate exactly how to target problem areas, Simple Steps to Foot Pain Relief will show you how to prevent pain-and how to 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: - Bunions - Hammer toes - Plantar fasciitis - Poor posture and alignment Bowman walks you gently through exercises to strengthen your feet, the shoes you should (and should not) be wearing, and how these choices affect your overall foot-and body!-health. Simple Steps to Foot Pain Relief will teach you how healthy feet work optimally and put you on the path to foot health"--