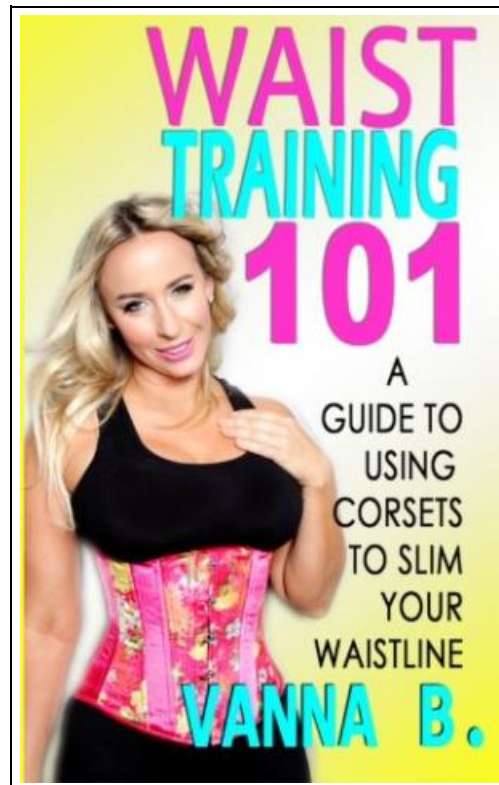


Waist Training 101 A Guide to Using Corsets to Slim Your Waistline



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Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Valentin Hane MD)

WAIST TRAINING 101 A GUIDE TO USING CORSETS TO SLIM YOUR WAISTLINE

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Hope Street Publishing, LLC. Paperback. Condition: New. 84 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Once a fashion staple for the ideal female form, the corset has made an astounding comeback, regaining widespread popularity thanks in part to celebrities like Jessica Alba, Beyonc, Dita Von Teese, and Jennifer Garner. Women are once again lacing up with the goal of reshaping their bodies and cinching inches off their waistlines. This practice, known as waist training, is done all in the name of beauty, sex appeal, and the coveted hourglass figure. But how exactly is it done? Waist Training 101 provides a comprehensive, easy-to-follow crash course in preparing for and beginning your waist training journey. In this manual you will learn: -The benefits of wearing corsets -Corset types, shapes, and components -What to look for in a quality corset -What garments are not suitable for waist training -The differences between off-the-rack and custom corsets -How to correctly measure yourself for a corset -Waist training safety -How to lace, season, and properly care for your corset -How to supplement your waist training with diet and exercise -How to maintain your reduction And more! Bonus: Also included are logs for tracking your progress. Start working toward your ideal waistline today! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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