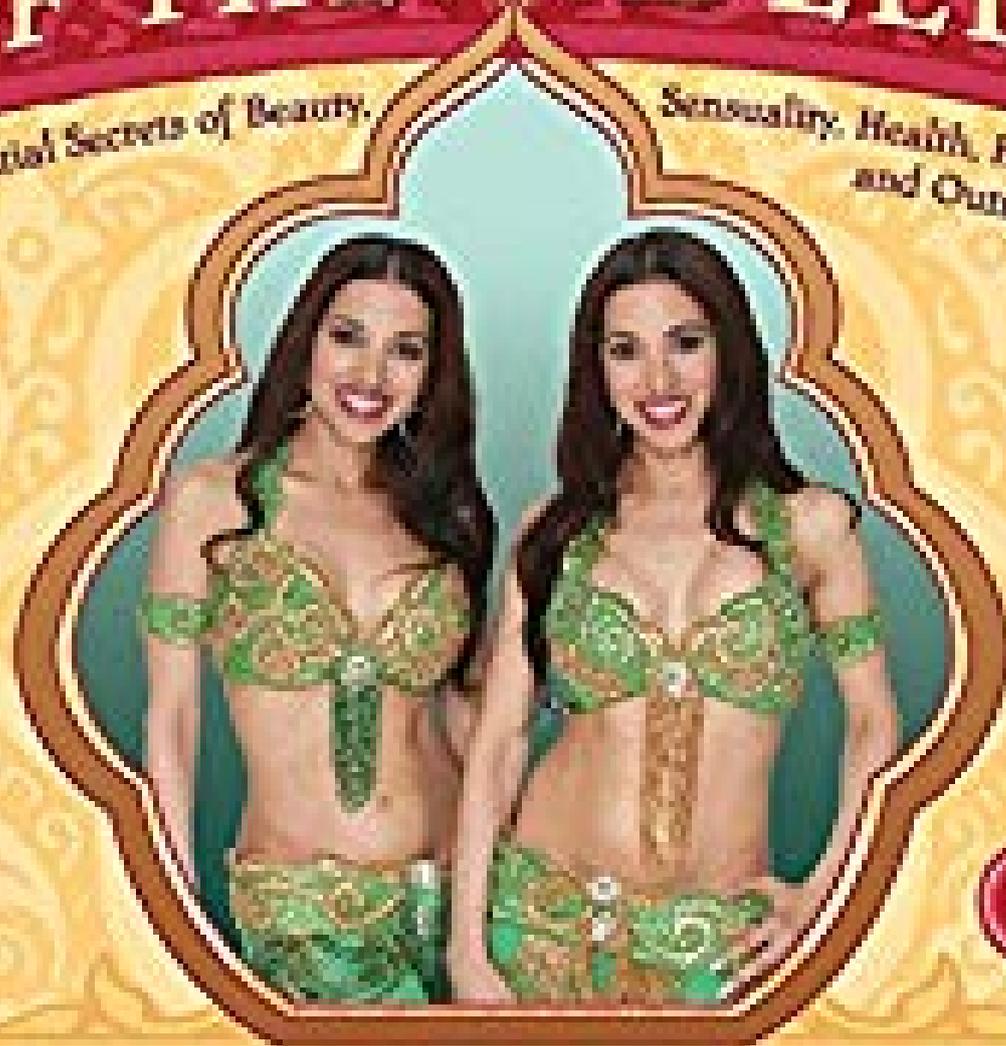


THE WAY OF THE BELLY

8 Essential Secrets of Beauty.

Sensuality, Health, Happiness,
and Outrageous Fun



Neena & Veena with Nancy Bruning

Neena Bidasha and

The Way of the Belly: 8 Essential Secrets of Beauty, Sensuality, Health, Happiness, and Outrageous Fun



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Whose life couldn't use just a little change? You're about to commence a life makeover plan so exciting that you could actually stick to it for the rest of your lifestyle! In *The Way of the Belly*, Neena & You can be all you've ever imagined—maybe a lot more! This book shows you how—the Bellytwins way. Perhaps you want to shed those extra few pounds, tighten and tone your body, appear and feel sexier, spice up your wardrobe, be a better lover, consider years off of your face and body, or all the above. These powerful sisters have developed a unique intend to getting the person you intend to be! It's an outrageously fun mind-body-spirit makeover with a twist—a hip twist, that is, as well as bold colors, just a little glitter, and an excellent big smile! Go on—make the most of what you've got! JUST HOW the Stomach also works on changing or improving your internal primary—that is, your intuition and emotions—in order to increase confidence and cause you to appear and feel more gorgeous and alluring. Veena, known across the world as the Bellytwins, will highlight the fun, sensual method to rediscover or enhance the real you.



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Great book, fantastic for self esteem! Currently still reading this book but up to now I just adore it, great tips very insightful and an excellent positive message for most ladies no matter ur shape height weight this can make you feel good approximately YOU I highly recommend this to anyone looking for a little tweek to their lifestyle cause this can help you out :-)

I love this reserve and its own only on Chapter 4 This book is really great. The Way of the Belly: * Necessary Secrets of Beauty, Sensuality, Health, Joy and Outrageous Fun This book and accompanying DVD are wonderful! Many chapters in thw reserve are about how to feel better about yourself and how to get to the size, or skill level you intend to be! Fantastic Journey Of YOUR BRAIN, Body, and Spirit This book is a joy to learn and look through! It is a pretty book however, not a single fact I hadn't seen somewhere else.! It is alsoa great reserve if you are simply finding thisdance and its own wonders. Its visually beautiful as wellas instructive and useful. It covers a lot more thanjust dance techniques and requires the reader on a fantasticjourney of mind, body and spirit!!!! Well crafted andentertaining. It also includes a amazing instructionalbeginning level DVD that is very comprehensive andwell detailed. Neena and Veena have done it againwith the creation of this beautiful book and DVD.I would highly recomend this book to anyone wholoves everything bellydance!!!!Any fan of belly dancing will enjoy all the differentaspects of the art form this book covers. The Belly Way isn't about Bellydancing Barring the Digital video disc workout included in the back of the book, it is not about bellydance. It is about using the functionality methods of a bellydancer to boost yourself. This consists of eating right and that means you have energy to perform, the idea that you will be never out from the spotlight so long as you are seeable, and additional important tips. The Stomach Twins are superb, talented, fun, gorgeous and excellent teachers! This would be considered a gem to the cult-status follower maybe? not trying to create yourself to be.. TinaHeartU I like this publication and the fact that it includes a how exactly to DVD with it. I love their DVDs but this I actually wish I hadn't purchased;.! I appreciated reading it and applying some of the guidelines and tricks. I love Dolphina's book much better. Very Positive... Five Stars great explanation. I didn't spend much on it though, so it isn't a total loss.. Awesome book, although book is'nt much about bellydance the instructional dvd is. Its extremely educational and each chapter is normally compiled by a different sister. Improvements are always good but love who and what you are first. Feel sensual and beautiful as a woman This book makes me feel sensual and beautiful, it as changed the way I really like and see myself as a woman. Great pictures, helpful, beautifully written. This established is wonderful for folks wanting to find out, and people wanting to lose weight and feel well informed! The fun and positive text message gets you prepared to dance actually before you get to the 3rd page! I love it and bought 3 more for friends who also proceeded to go gaga over it. It is well put together and very personable... It is a lot more than simply about belly dance it is about finding time for yourself and feeling beautifull as the ladies you are; Desire I hadn't. By taking there advice plus some small steps I have already dropped 2 pounds and I'm only on chapter 4. Thats what I acquired from it. I am using it frequently for reference and workout.



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