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"Perfect for all your Bra Questions."
- Treacle, The Lingerie Addict, World's #1 Lingerie Blog

Busted!

THE
Fab FOUNDATIONS™
GUIDE TO BRAS THAT FIT, FLATTER
AND FEEL FANTASTIC



ALI CUDBY

AMERICA'S #1 BRA COACH

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Ali Cudby

Busted!: The FabFoundations Guide To Bras That Fit, Flatter and Feel Fantastic



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Forget everything you thought you knew about your bra size. Even women who know their bras are unpleasant and ill-fitting grab the same size again and again, hoping for a different result. The Fab Foundations Guide to Bras that Match, Flatter and Feel Fantastic, the secret to locating your ideal bra would be to stop measuring for bra size, and commence to focus on fit. As Ali Cudby clarifies in her fresh book, Busted! is vital reading for anyone who wants to look and feel better in her clothing and her body each day. Yet 70-85% of ladies are wearing the wrong bra size. It's incorrect. Debunk the three biggest myths of bra sizing. Ask any developing teenager, new mother, or mature woman. That's simply not true. Bodies modification and bra sizes correct alongside them. Myth 2: Once you find your bra size, you are done. Actually, bra size is a moving target. Myth 1: You don't fit. Bras can be found in sizes that range between AAA to N, therefore there exists a bra out there for virtually everybody, which book tells you where to find it. Myth 3: It's no problem finding your bra size. Simply place it's not. If you've ever modified a slipping bra strap, felt uncomfortable in your bra, or wished for an improved silhouette, then you understand that the quest for the perfect bra can feel hopeless. By merging deep knowledge and the simple humor which has made Ali one of the foremost specialists in her field, Busted! Wearing the proper bra isn't just a matter of fashion it's a matter of health insurance and self-esteem.



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Whatever your bra size, Busted! This book is quite educational, and suggests trying stuff on, instead of dealing with the tape measure. Therefore, I quickly went shopping, and we highlighted the pages where she talks about the very best fit and took the reserve with me. This method works out really well because it helped me discover my correct size. She says there really is no such thing as being a glass size, and which makes sense. My days of poor-fitting, ugly bras are over, thanks to Busted! They hold a comparable amount of volume (or breast tissue), only difference is the band. Ali's publication also gives helpful hints on how to find your size for different models, tips for washing, helpful charts, and various other helpful factors. This book is so good I actually maintain it in my purse so easily am hanging out with a friend who is having the same problems I am having, she can read it, and apply it to her current bra knowledge. This book is extremely educational, and I love that about it. I believe in fact to take it a step further, this should be taught in High School as a staple text book? I just wish I had bought this publication sooner. Definitely well worth the read. And who doesn't? Next time you go bra shopping, make sure you bring a copy of Busted! Found the Author's blog- fabfoundations. It really is helpful to learn how to look after bras (I've been too tough on mine), how frequently to put them on (what? It has transformed my perspective on bra shopping, bra fitting, and made me far more confident and comfortable in the process. She actually is a apparent and concise writer who adds humor to help make the reserve fun and light.), and how long to keep them (why can't I wear my bright purple bra from when I was 22???). She suggests in the event that you don't know your size, use getting the band down until it fits, then adding a cup size. I now have many staples that I understand will last and make me feel great! I really do suggest this publication for teenagers because they start buying bras. It is important to learn these exact things early. The Bra Fit Bible! Who easier to write a book on finding the proper bra for the body than anyone who has experienced the struggle herself! Greatest book in the marketplace for helping women look for a bra that won't travel them crazy with distress. I've found the brands suggested in the publication to be tried &! Cudby writes about in the reserve. true and the method for fit to work effectively! Will be purchasing multiple copies to give to friends!!! Cudby's reserve was the answer.com! Great book Who knew We was so ignorant approximately bras! Who knew there was so much to know approximately bras? My tops really do fit, look and feel better, smoother. This book is a total blessing for women of most ages. Ali Cudby's body-positive perspective is refreshing in an industry which can be essential of women's bodies to the point of hostility. Cudby's analysis and knowledge about bras is astounding! But the guidance she does provide may be the sort of information every female should have. Prior to going out to replenish your undergarment source, READ THIS BOOK! Highly recommended. A 36B bra keeps about as much as a 34C bra, and we can take that down to 30DD/E. I would highly recommend this book. Two thumbs up! This is a great book for any woman who would like to become more comfortable! Now I understand how to get a proper fit and how to make it last! Understand this reserve, you won't regret it? I simply wish Ms. Cudby had written this book years ago. you can't wear them for 14 days straight without washing? Thank you! Body-positive, informative, well-written guide. THE BEST Book for Bras! offers relevant information you can and can use. This book can help you understand how to assume control and become your own greatest bra fitting professional. Ms. Cudby's sensitive, straightforward and well-researched reserve reads like a letter from your own big sister. She provides women credit for knowing what feels correct and what doesn't, acknowledging that there surely is no universal method for bra fitting that functions for everyone. I honestly never knew about 90% of what Ms. My niece loves it Bought this for my niece who is a fashion model Really Helpful - Every Female / Woman Should Read After having two kids, I knew I needed help, and Ms. along for reference. It really is an indispensable, smart focus on a subject that has confused and frustrated too many of us for much too long. If you have ever felt this way about bras, take center: Busted! will put an end to your dread of bra buying. Guy, have I been doing my bra purchasing wrong all these years!



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