

The *Bra* Book

2ND EDITION

An Intimate Guide to Finding the
Right Bra, Shapewear, Swimsuit, and More!



JENÉ LUCIANI

FOREWORD BY BEVERLY JOHNSON

Jené Luciani

The Bra Book: An Intimate Guide to Finding the Right Bra, Shapewear, Swimsuit, and More!



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It' returns with this up to date edition of her one-and-only guideline to all things underneath. Luciani eliminates confusion with her friendly guidance on locating the perfect fit and also tackles the uncomfortable questions, such as, "Luciani is here to greatly help. Now, Luciani, known as "In '09 2009, The Bra Publication helped countless ladies find the right bra.Dr.What really causes sagging?s Bra Guru,"s time and energy to have FUN locating the perfect fit!If 85 percent of women are wearing the wrong bra, what else within their undergarment drawers doesn'tLuciani continues her objective to arm women with the knowledge they want to find the right fashion support.t fit as well as it could? it shows them steps to make those garments function for them!Lucky for all of us, Jene has extended the book to add fresh and updated, yet important, information from the ever-changing world of intimate apparel. In the period of "smooth is better," thanks in part to the "Spanx movement," The Bra Book: Second Edition now includes a guide to the often overpowering world of shapewear and swimsuits.fashion professional Jené Oz"Discover new methods to best flatter your figure!and have fun searching for that perfect match. The Bra Book: Second Edition doesn't just tell ladies how bras and shapewear work; From the best bra for every outfit to important information about bras and breast health from puberty to pension, from the physics behind bra design to ways to best ensure a proper fit, The Bra Reserve: Second Edition is still the ultimate resource on bras for women everywhere.



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Five Stars A delightful book -- filled with fun specifics and real life practical strategies for finding your ideal fit! I was disappointed that it contained very much content recycled from various other sources, and a lot of 'self advertizement' for the author's own organization (I'm sure they will have wonderful products, and I'll check them out, but still. Waste of money..)I haven't seen the physical book but it was obvious by the seemingly haphazard formatting that it wasn't reformatted for electronic intake (at least on a Kindle). Side panels, guidelines, pictures and associated descriptions had been hard to follow. And the constant switching from still left aligned to centered, initially regarded as showing different sections, just ended up appearing to be random.. Also after adjusting my reading font size to a smaller size (which improved a couple of things but of course made it harder for me to learn), it just wasn't worth it. The scary thing concerning this is I happened upon the book due to watching an bout of "Mad Fashion" that was about the writer having a grand launch party for the electronic release of the book! I believed that implied some work to actually make an electronic rendition. All I can mention is that it had been barely worth the \$3. Nothing profound. If you would like this book, It is advisable to look at the physical version. Five Stars Excellent Book! Visit a good dept shop (think the costly one that begins with N and ends with "strom" and get yourself a good fitting. There is a ton of excellent information on breasts type, bra styles, match and a couple of other stuff...recommend this to anyone who's struggling with knowing just what to really be looking for in a bra, especially if you have had body changes for whatever reason (pregnancy, surgery, etc.) Great information for my Bra fitter training Very extensive details. With the Bra Book, author Luciani covers several topics to pad out the publication: background of bras, the different types, bras and fashion, the way the bra relates to the body type, different breast sizes, how exactly to fix bra problems, shapewear and spanx, swimwear support, different breast circumstances such as mastectomies, shopping tips, care tips, and even how men can purchase bras for gifts. Although it covered some fitting issues, I had expectations for a far more broad spectral range of fitting issues. Should read for each gal The book was a great read, taught a few things I didn't know about my girls, how to care for them and feel much better naked actually. Today when I shop I carve out an allotted time specifically for this important piece. I, like so many others, really hate bra shopping rather than seem to get the bra that really fits or looks just how I want. Therefore with this book, I wanted to know how exactly to measure and how exactly to ensure that even when I pick the correct size, the bra matches comfortably and does not have 'peek' or 'back ride up' roughly many other issues. Lacking spaces, typos, truncated text all detracted from a soft reading experience. Interesting Interesting and useful reserve with cute illustrations, a must read for each woman who wants to find an ideal bra... move along Nothing new in this book. Truthfully, I wasn't sure what to expect out of this book yet I was amazed! you'll pay out extra, but it'll be worth it. Disappointed I did so not find this reserve was the one I had been searching for. Bought this for my daughter Bought this for my child who is going through that point in her life where she doesn't understand what she's going through Four Stars I really needed this information like 20 years ago! I learned more just online. Recycled content and awful in electronic format While I wasn't expecting to be completely blown away by 'ah ha' revelations, I came across little that was new in this reserve. you'll enjoy it :-) Nothing new here. This is also ideal as a gift! I received this book from Netgalley in trade of a genuine review! TL,DR: Move get professionally measured I think the question here's this: how much do we actually need a whole publication on the subject?. Go ahead go through it, it's fun. With the bra publication, the answer really appears to be simple: go obtain measured at a reputable lingerie store. Which, admittedly was a little

bit disappointing. Great details for my Bra fitter teaching. I must admit, everything didn't total much and I read the entire reserve in about quarter-hour. It's perky, friendly, hip, and has a lot of quotes from film stars/famous people to support what the author is saying. Good information! Waste of money Very basic information.00..



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