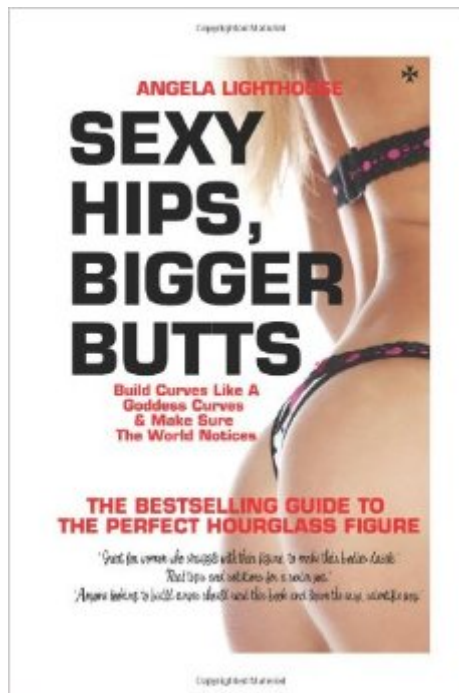


The book was found

# Sexy Hips, Bigger Butts: Build Curves Like A Goddess & Make Sure The World Notices



## Synopsis

Treat yourself to the butt, hips and curves you dream of with this proven, easy to follow program of exercise, diet and beauty tips. Learn the beauty secrets and special workouts used by stars like Kim Kardashian & Jennifer Lopez. A complete guide written from a real woman's perspective, the book includes detailed instructions as well as illustrations. The program is natural, pain free, and fast. Enhance, shape and firm your booty without expensive butt creams, pills, injections or surgery. curves, hourglass figure, body shaping, butt enhancement, butt firming, butt lift, booty bible

----- A butt like a rapper's girlfriend, hips like Jessica Rabbit and the confidence which goes with it were my dream. I wanted booty of my very own. For months, I looked for ways to get a firmer, sexier butt and curvier, sculpted hips. I wanted to feel great, and I knew the right lower body was the key. Men go nuts for this kind of figure, and as a single mother I wanted the perfect butt. I found some simple steps which can develop and maintain a flawless hourglass figure. From the buttocks to your hip muscles, there are ways to build a tight backside and curves you can flaunt. You can feel great and look fabulous, fill your jeans, and transform a shapeless, flat butt into the kind of pert rear other girls envy. Why have another day with your old butt and hips? • How can I get a butt and curves which stop traffic? • I've put together everything I discovered, to make a booty bible. With workout, fitness, beauty, and lifestyle tips you can use today, I've tried every technique and used them to lift, tone and enhance my body in record time. All the tricks of the trade - the ultimate guide to beautiful hips and a knock out butt in one great value book. • Give your hips and butt a workout with a powerful exercise program which isolates and condition using special stretches, squats, lunges, and body tuning techniques to focus on the lower body and core. • Clear up cellulite, stretch mark and blemish problems with practical, proven tips. Tone and sculpt secrets to change your shape painlessly and easily, without putting on weight. • Diet advice plus supplements like vitamins and fish oils and how to use them properly. Proper eating which is balanced and packed with nourishment. • Perfect for women everywhere, of any shape or size that want a bigger, better butt with brilliant suggestions to keep it shapely and firm. • The truth, not the usual hyped shortcuts, with a scientifically proven program to tone, shape and make your butt and hips more shapely and pronounced. • Fashion tips, and what to wear to get the best results. 100 pages with photographs and clear instructions on getting a flawless, defined butt and hips quickly, naturally and without spending a cent. Why not get the hips and butt you dream of today? ABOUT ME I'm an ordinary woman, with an extraordinary figure. I live in New York with my daughter, and work as a buyer in the fashion industry. While I wasn't skinny, I never had the sexy, curvy figure I wanted. I've created this program for the average woman, and my own experience has

taught me what really works. This is my first book, and I welcome any comments or suggestions, as well as your own personal tips. A JAW DROPPING BUTT AND SPECTACULAR HIPS JUST GOT EASIER Everything in book helped me, and can be fitted into even the most hectic lifestyle. I'm not a believer in dodgy creams, or weird South American pills, I love practical, natural ways of creating a hot body and a killer butt. ----- Booty, butt enlargement, sexy shape, gain curves, miracle, smoothing, stacked, Butt and thigh, butt and legs, rounded, defined, ample derriere, full buttocks

## Book Information

Paperback: 74 pages

Publisher: Powerful English (April 27, 2012)

Language: English

ISBN-10: 999573608X

ISBN-13: 978-9995736088

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 1.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #2,356,292 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#)

## Customer Reviews

This book contained no helpful information whatsoever. I would return it but it is really not even worth the trouble.

[Download to continue reading...](#)

Sexy Hips, Bigger Butts: Build Curves Like a Goddess & Make Sure the World Notices The Curves Collection Big Girls And Bad Boys: The Curve Ball, The Beast Loves Curves, Curves By Design (BBW Romance Collection) How to Make Your... BIGGER! The Secret Natural Enlargement Guide for Men. Proven Ways, Techniques, Exercises & Tips on How to Make Your Small Friend Bigger Naturally How to Get a Bigger Butt and Better Hips Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Philosophies And Theories For Advanced

Nursing Practice (Butts, Philosophies and Theories for Advanced Nursing Practice) Sinner's Paradise (Sexy BWWM Romantic Suspense) (Tate Valley Sexy Suspense Series Book 3) Now or Never (Sexy BWWM Romantic Suspense) (Tate Valley Sexy Suspense Series Book 1) Chasing Forever (Sexy BWWM Romantic Suspense) (Tate Valley Sexy Suspense Series Book 2) Goddess Connections: Goddess rituals for the modern priestess Meditations on the Goddess, vol. 4 - the Goddess as the element of spirit Buzzing Communities: How to Build Bigger, Better, and More Active Online Communities Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Ketogenic diet for dummies: Discover how lost 10 lbs & 5 inch of my belly and hips in just 45 minutes a week (My Fitness program weight loss and build muscle by Martin Jackson Book 2) Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1) LESBIAN EROTICA: RELUCTANT - MY FIRST TIME LESBIAN (ILLUSTRATED MFF BISEXUAL ORAL SEX MENAGE INNOCENT THREESOME) Licking Like a Lesbian 5 by A New Free Life Books - ILLUSTRATED W/ 25+ SEXY PHOTOS! Discerning Your Call to Ministry: How to Know For Sure and What to Do About It Discover Torch Enameling: Get Started with 25 Sure-Fire Jewelry Projects

[Dmca](#)