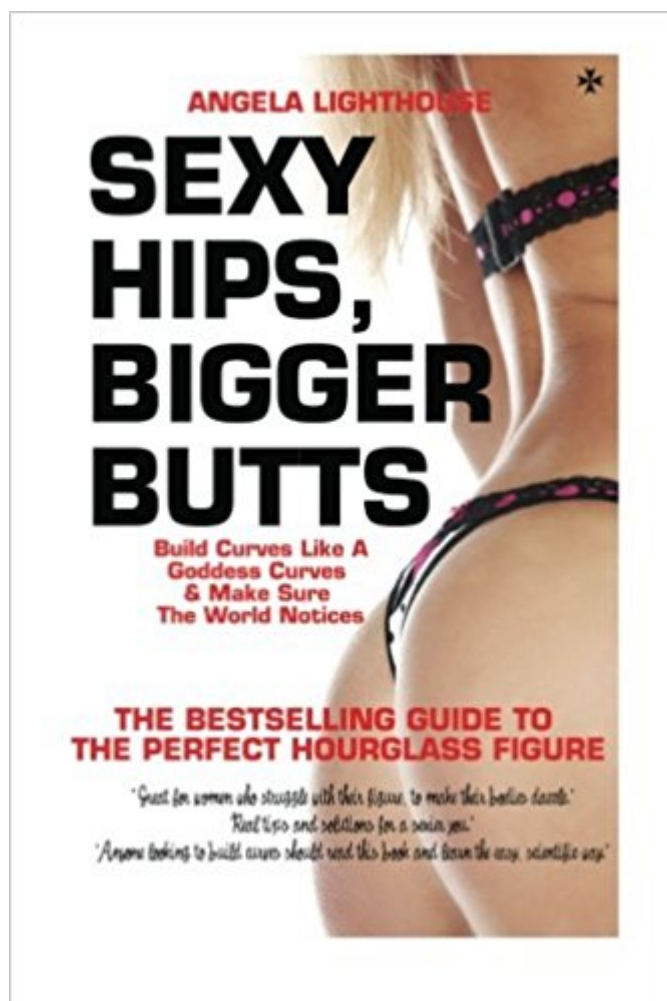


The book was found

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: 3.2 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,195,798 in Books (See Top 100 in Books) #80 in ÃÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts

Customer Reviews

this book is a real life saver you buy you will abosolutely love it especially if you have not been on your fit game.

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 Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Memes: World's Funniest Signs & Notices! Book 5 (Memes, Memes and funny Signs & notices, Hilarious Memes) 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 AnimÃÂfÃÂ© nude young

hentai fund of sex Åçâ –â œ Hot manga pictures 2: Sexy girls animÅfÅ© nude girls, sexy animÅfÅ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÅfÅ©) AnimÅfÅ© nude young hentai fund of sex Åçâ –â œ Hot manga pictures 1: Sexy girls animÅfÅ© nude girls, sexy animÅfÅ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÅfÅ©) Memes: Sexy Adult XXX Memes & Pictures Book 2017 - Adult Jokes, NSFW, Memes Free, Sexy Memes, Sexy Books 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) Hips Trips Honolulu; The Old Coconut Soju Blues (Hips Trips Travel Adventures Book 4) How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) The New Rules of Lifting for Women: Lift Like a Man, Look Like a Goddess Excuse Me Goddess Can We Talk?: New Messages of Love from the Goddess - How to Create Personal and Global Abundance and have Fun with the Process 365 Goddess: A Daily Guide to the Magic and Inspiration of the Goddess Goddess of the Rose (Goddess Summoning Book 4) The Goddess Test (A Goddess Test Novel) Goddess Interrupted: A Goddess Test Novel, Book 2 The Goddess Inheritance: A Goddess Test Novel, Book 3 The Goddess Legacy: Goddess Test, Book 2.5 Goddess Interrupted (A Goddess Test Novel)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)