



Hourglass: A Guide to Waist Training with Cinchers, Corsets, and The New Hourglass Diet

Roberta Ellis

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The world's most admired and desired body shape, the Hourglass figure, has turned Hollywood celebrities into waist training fanatics. The new weight loss craze and body altering program has celebs such as Megan Fox, Jessica Alba, and kim Kardashian hooked. As more women continue to join in on the "get waisted" movement, this beginners guide will show step by step how you to achieve a curvier, sexier, and slimmer physique starting today! Inside you will learn:

- ◆ How it's been scientifically proven that the Hourglass figure is hypnotizing to the opposite sex and how you can achieve it instantly
- ◆ How to cure the medical condition, Diastasis Recti, also known as the "mommy pooch" caused by pregnancy
- ◆ The best training methods for your goals and how to determine personal timeline of results
- ◆ What the new Hourglass diet is and how it works
- ◆ How to season, maintain, and use the waist trainer safely and more...

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Carol Hamilton:

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