



Sexy Hips, Bigger Butts: Build Curves Like a Goddess & Make Sure the World Notices

Angela Lighthouse

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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

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