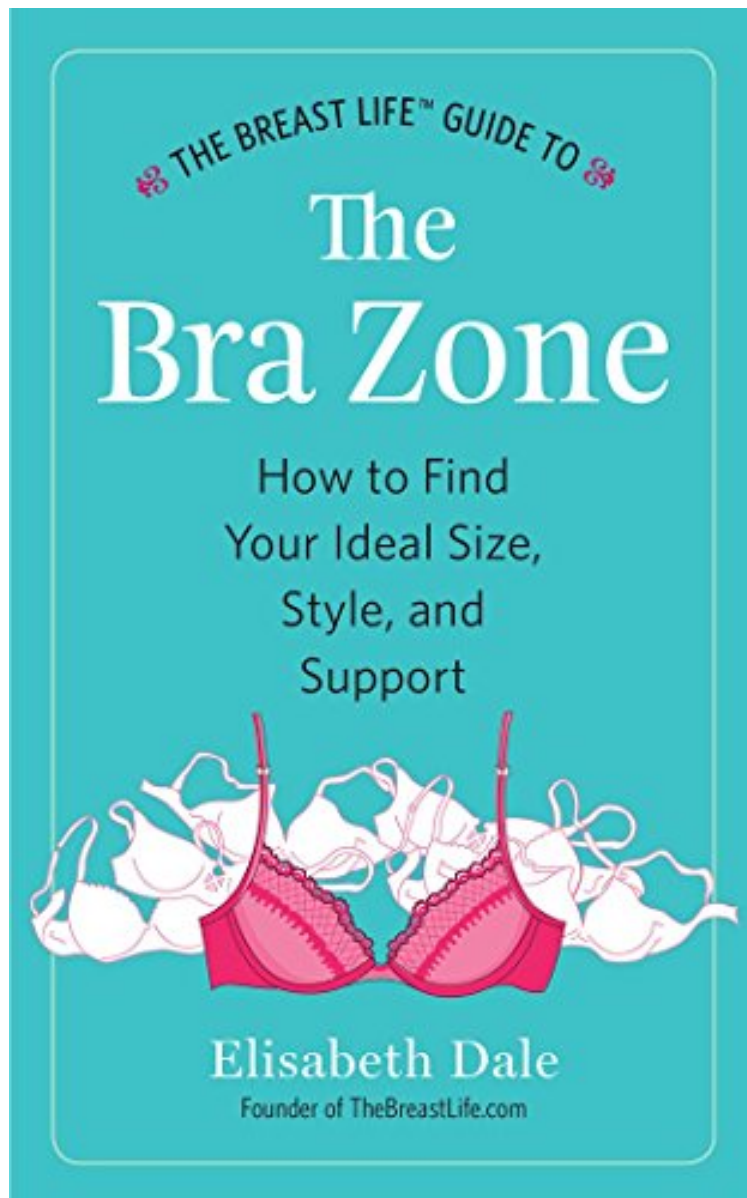


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The Breast Life Guide to The Bra Zone: How to Find Your Ideal Size, Style, and Support

Elisabeth Dale

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1 of 1 people found the following review helpful. So helpful! Thank you, Bra Zone!By CustomerThis book is a must-have. It is helpful, practical, and easy to digest. The author did a great job of debunking some myths and teaching me super helpful, new lessons on finding the right bra. I loved the handy tips and tables in the book and how she explained all the different types of bras available. Thank you, Bra Zone! I love it!1 of 1 people found the following review helpful. It covers everything a younger or mature woman needs to know about making our "girls" look their best. Easy readingBy Judy FarberThis "little" but mighty informative book is so well written. It covers everything a younger or mature woman needs to know about making our "girls" look their best. Easy reading, funny anecdotes colorful pictures add to finding the best fit for everyone. Get in the Zone pass it down to family members!2 of 2 people found the following review helpful. Love it!By CustomerI loathe shopping. The Bra Zone couldn't be a more helpful, and informative companion for buying bras. And the book is light and small, so easy to throw in your bag.

Does bra-shopping drive you crazy? Do you wear old, worn out bras because replacing them seems like too much work? Confused by all the rules around bra sizing and fit? You're not alone. Buying a bra can be stressful, even if you've done it a thousand times. The way bras are made, sized, and sold is hard to understand. You even wear more than one size, depending on style and brand. The Breast Life Guide to The Bra Zone gives you the tools you need to find bras that fit your body, personal style, and budget. Welcome to a new world of bra wear. The bra of the 21st Century is no longer an imposition a woman feels compelled to wear, but rather an exciting, unique, beautiful, figure-changing, empowering, fun part of her wardrobe. There are more places to buy, multiple ways to size, and dozens of brands available. So how do you choose? Enter the Bra Zone! Inside you'll find: ways to calculate size, even without a measuring tape basic bra fashion styles and how they change the look of breasts bra wardrobe essentials, when to wash and replace them, and where to recycle hacks and fixes, helpful photos, and critical online lingerie resources one simple cupcake trick to get your ideal fit! The Breast Life Guide to The Bra Zone gives you practical advice on how to find the fit, fashion, and function you need whether buying your first or 50th bra.

"If I owned a Lingerie store, I would have this available for insight and sale ...This book covers every aspect of the bra market including excellent sourcing references to satisfy a plethora of needs. It has actually enlightened me on a few facts. It's one of those rare literary combinations; an easy read chock full of valuable information." -- Ellen Lewis, LingerieBriefs"Required reading for anyone who makes (or wears) clothes. Being informed about your foundations makes any look work for you!" -- Mallory Donohue, Owner, Zede's Sewing Studio"The Bra Zone tells you what we in the lingerie and fitting industry all know, which is not complicated for anyone else to understand. You don't need to be an expert to take bra matters into your own hands! Most importantly, to me personally, is the genuine and warm body positive message which runs throughout the book."-- Niamh, H Cup Chronicles"The Bra Zonecovers everything from bra myths and realities to bra fit basics, hacks and fixes, shopping for every body (as in bodytype), and the ten rules for bra zone bliss.(She also includes an international bra size chart that actually makes sense, thank you very much.) And that's a lot of ground, since the first thing we put on in the morning and the last thing we take off at night - and the one thing that touches our skin in the most intimate way - is our lingerie." --Truly French by Lingerie FrancaiseAbout the AuthorElisabeth Dale is changing the world, one boob at a time. She's an author, speaker, and breast expert who has appeared on Good Morning America and been featured in the New York Times, Cosmopolitan, and The Daily Beast. Elisabeth launched TheBreastLife.com to give women (and men) a safe place to talk about breasts and find the resources they need whether it's an everyday bra, nursing, or post-surgical garment. Visit TheBreastLife.com to learn more about her mission and work. Elisabeth enjoys staying out of her comfort zone, which is why you'll find her doing stand-up in and around Los Angeles, where she currently lives.