

Bra

Ali Cudby

Uplift Jane Farrell-Beck, Colleen Gau, 2002-10-22 Over the years the bra has been stereotyped as an object of seduction, glamour, and even oppression. In *Uplift: A History of the Bra in America* Jane Farrell-Beck and Colleen Gau use this item of clothing to gauge the social history of women and to understand the business history of fashion. Viewing fashion as a means to entertainment, self-creation, and everyday art, the authors illuminate the effect the brassiere has had on women's lives—their style, health, and economic opportunity. Rich in examples from advertising, movies, and other areas of popular culture, *Uplift* moves beyond featherbones and fiberfill to provide a sense of the dynamic relationship of the bra to wider issues in society.

The Bra Book Jene' Luciani, 2009 Bras.

Bra Talk Susan Nethero, 2005-10-01 After multiple guest spots on *The Oprah Winfrey Show* and many other features on TV and in national magazines, Susan Nethero is one of the best-known bra-fit experts in the country. In *Bra Talk* she offers basic information based on body types and activity levels. Transform your look by switching the best bra for your figure needs.

The Bra Book Jené Luciani, 2017-04-18 It's time to have FUN finding the perfect fit—fashion expert Jené Luciani is here to help. In 2009, *The Bra Book* helped countless women find the right bra. Now, Luciani, known as Dr. Oz's Bra Guru, returns with this updated edition of her one-and-only guide to all things underneath. If 85 percent of women are wearing the wrong bra, what else in their undergarment drawers doesn't fit as well as it could? Luciani continues her mission to arm women with the knowledge they need to find the right fashion support. From the best bra for every outfit to important information about bras and breast health from puberty to retirement, from the physics behind bra design to how you can best ensure a proper fit, *The Bra Book: Second Edition* is still the

ultimate resource on bras for women everywhere. Lucky for us, Jene has expanded the book to include new and updated, yet essential, information from the ever-changing world of intimate apparel. In the era of smooth is better, thanks in part to the Spanx movement, *The Bra Book: Second Edition* now features a guide to the often overwhelming world of shapewear and swimsuits. Luciani eliminates confusion with her friendly guidance on finding the perfect fit and even tackles the uncomfortable questions, such as, What really causes sagging? Discover new ways to best flatter your figure—and have fun shopping for that perfect fit. *The Bra Book: Second Edition* doesn't just tell women how bras and shapewear work; it shows them how to make those garments work for them!

Brazine! Lauren Hage, 2014-04-23 Have you ever wondered why bras were so uncomfortable? Never could get the right fit, leaving you dissatisfied and frustrated? Have you given up to the idea of a comfortable bra and now only wear sports bras? That's how the author of this zine felt and set out to understand the reasons why. If you've been confused with sister sizes, thought all D cups were the same, or had no luck with online bra calculators; this handy zine will teach you the basics you'll need to know to get started on your true, comfortable, beautiful fit.

There's No Such Thing as a Comfortable Bra Sara Jane Coffman, 2020-02-24 No matter where you find yourself in life, this book will help you. Sara Jane Coffman asks the Big Questions, like, “If we can put a man on the moon, why can’t I find a comfortable bra?” and “Is my new boyfriend’s ex-wife really going to kill me, or is she just bluffing?” Sara Jane Coffman can dish the dirt or fry it up on a pan, she can turn the simple purchase of a new writing chair into an entire room renovation, and she can tolerate almost any flaw in a man if he has tenure and benefits. Mostly, though, Sara Jane Coffman can make you laugh. Sara Jane is a gifted observer and master storyteller. If you liked *The Misadventures of a Single Woman*, you'll love *There's No Such Thing as a Comfortable Bra*. Sara

Jane's misadventures will feel like your own...or make you feel better about your own.

Busted! Ali Cudby, 2011-11 Forget everything you thought you knew about your bra size. It's wrong. As Ali Cudby explains in her new book, *Busted! The Fab Foundations Guide to Bras that Fit, Flatter and Feel Fantastic*, the secret to finding your ideal bra is to stop measuring for bra size, and begin to focus on fit. Wearing the right bra is not just a matter of fashion - it's a matter of health and self-esteem. And yet 70-85% of women are wearing the wrong bra size. Even women who know their bras are uncomfortable and ill-fitting grab the same size over and over again, hoping for a different result. Debunk the three biggest myths of bra sizing. Myth 1: You don't fit. That is simply not true. Bras come in sizes that range from AAA to N, so there is a bra out there for virtually everybody, and this book tells you how to find it. Myth 2: Once you find your bra size, you are done. In fact, bra size is a moving target. Ask any growing teenager, new mother, or mature woman. Bodies change and bra sizes right along with them. Myth 3: It's easy to find your bra size. Simply put--it's not. If you have ever adjusted a slipping bra strap, felt uncomfortable in your bra, or wished for a better silhouette, then you know that the quest for the ideal bra can feel hopeless. By combining deep knowledge and the easy humor that has made Ali one of the foremost experts in her field, *Busted!* is essential reading for anyone who wants to look and feel better in her clothes and her body - every day.

The Red Bra Jenny Middleton, 2019-01-02 The journey of a red bra following women through the stages of life with insight into what women endure from their first to their last bras.

The Lingerie Handbook Rebecca Apsan, 2006-01-01 It's the essential guide to dressing to undress, from the basics of bras, panties, slips, and shapewear to the sexy extremes of corsets, sheer chemises, balconets, and bustiers--perfect for the tens of millions of fans of *Fifty Shades of Grey* who are now wondering what to wear. Written by lingerie expert Rebecca Apsan (the best bra-fitter in the

country--New York magazine), Lessons in Lingerie covers it all: The revelation of a properly fitted bra. How to cultivate your inner coquette. How to look ten pounds thinner. What works under a clingy dress or a sheer white blouse. The basics of shopping, cleaning, organizing. And Ms. Apsan's manifesto for change: Stop wearing underwear!

I Stuff My Bra...So What? Laura a Franklin,2020-08-10 Bra-stuffing has occurred since the bra was invented. Women who performed on stage, actresses, grandmothers, mothers, female athletes, women in the workplace, and even church ladies have stuffed their bras. Back in the day, it was called wearing falsies. I used to watch my female cousins, aunts, and some of my older sisters' friends put falsies in their bras. It made no sense to me why they needed or wanted extra when they should have been happy with what they had. Well, that was before I had anything to contend with. The diagnosis of breast cancer was more than a scary word. I pictured it as the boogeyman and all his friends waiting to take me away to drown in the sea of this disease. I didn't lose a breast to cancer. I gave away what God showed me it represented in my life. In return, He gave me a new life, a new hope, a new vision, and a new love--A love for myself. Mine was an experience of climbing the rough side of the mountain barefoot but my trust in God never wavered.

The Bra-makers Manual Beverly Johnson,2005

How to Tech, Spec & Grade a Bra and Brief Laurie van Jonsson,2018-11-20 The combined Knowledge on how to create technical data sheets, how to create and write specification sheets in the manufacturing of lingerie and the grading and sizing of lingerie.

Busting Out Shirley Archer,2013-01-04 Just in time for swimsuit season, Busting Out offers a revolutionary, all-natural program to enhance the breasts. No matter what the cup size (be it double-A or double-D) or shape (post-pregnancy or pre-bikini), this handy guide puts readers on the fast track

to a beautiful bustline—without surgery. Internationally renowned fitness educator Shirley Archer outlines easy exercises to lift and strengthen chest muscles and tone the arms and back. Best of all, Hollywood stylists reveal tricks of the trade, showing how easy it is to work with what you've got.

Bare Essentials Jennifer Lynne Matthews - Fairbanks, Jennifer Lynne Matthews-Fairbanks, 2012
The second edition includes improved drafting and grading directions, as well as directions for use with CAD software. These new steps simplify the process from the first edition.

Sand in My Bra and Other Misadventures Jennifer Leo, 2003

Million Dollar Bra Jennifer Loy, 2017-10-04 Who the heck can afford the Million Dollar Bra that comes out of the Victoria's Secret catalog holiday issue every year? Devin Warner, Brittany's boss can and he's purchased it, but why? She gets kidnapped before she finds out. Ryan Blake, the world's worst kidnapper has just discovered his mistake could very well work out for him, but can he convince the beautiful Brittany to take off this elegant jeweled bra? No way! They will steal it back and forth and enjoy every minute of it. An unruly adventure that criss-crosses over the country with more wild twists and turns than a rollercoaster ride.

That Strapless Bra in Heaven Sarah Sarai, 2019-09-12 That Strapless Bra holds up Sarah Sarai as a keen observer of the world. With wit and sardonic reflections, Sarai brings poems that fuel a long ride. Julie R. Enszer, author of *Avowed*, *Lilith's Demons*, *Sisterhood*, and editor of *Sinister Wisdom* If it is to be of any value / a story will be misunderstood - that's Sarah Sarai in *That Strapless Bra in Heaven*. A visionary who can't quite keep a straight face, a prophet quicker to laughter than judgment, Sarai is a virtuoso of the one-liner - too much is as it seems - but she works with a vast cultural canvas, and sorrow and a thirst for the real underlie, the scintillating eloquence. Dante's journey is a dream, Stalin's famine never ends, Dido weeps in the city she built, humans wander through a world of

staggering beauty never quite knowing how to love each other: What do monkeys worry about? / Our imaginations grown dim? The Strapless Bra in Heaven is a roller coaster, but it's grounded in what we once called wisdom. Sarai's new book is a thrilling read. D. Nurkse, author of *Love in the Last Days: After Tristan and Iseu* light... in the unnavigable dead end / these poems are as truthful as Sarah herself & a bit surreal / they are both weighty & cunning // unmask gender / benders / dilemmas & tyrants / nasty politics & social disgrace in all areas & eras often merging them while encompassing & compressing the personal & objective past & future with the present. You dreamed you were a prophet... You awoke an anarchist... ready to kill / Sarah sorts out socio-political angst / trickery & self-righteous humanism / while tackling that mountain pass from child / hood to the freeing squalor... Reader, if you were seam... I'd take you out anywhere... / you are the first line of this poem... this poem exists for you... / you're not dead you're middle aged... / I say good riddance... though I'll miss myself... these poems reveal, as Sarah puts it, the artist's confidence to create celestial buoyancy... / wake up, sleeper. at times biblical / never preachy. read them & weep / laugh / ponder. i wish you more than luck, Sarah. i wish you much success. Steve Dalachinsky is author of *where night and day become one: the french poems, 1983 - 2017*. He received a Chevalier de l'Ordre des Arts et des Lettres in 2014.

The Bra Book Harcourt,1983-01-01

Pull Yourself Up By Your Bra Straps Jeanne Bice,2005-08-31 Jeanne Bice is funny, vivacious, and larger than life. She's also a self-made woman. Ten years ago, when she began selling her line of - Quacker Factory+ brand clothing on QVC, she barely had two pennies to rub together. But from the moment she hit the airwaves, she became one of the network's most popular guests. While her sparkly, whimsical sweaters drew raves, viewers really tuned in for Jeanne herself-for her wit and

wisdom, and for her inspiring story of pulling herself up+well, by her bra straps. Now Jeanne has compiled her signature stories and the lessons she+s learned into a quirky, quacky book that will resonate with her fans-thousands of women who call themselves -Quackers+ and greet one another by saying, -Quack, quack, quack!+Each chapter is a colorful lesson told in Jeanne+s folksy, endearing voice, with advice like -If you can+t lose it, decorate it!+ and -Take a leap+and grow your wings on the way down.+ Reading these stories will lift your spirits, bring a smile to your face, and empower you to make your dreams come true.

The Secrets of Sewing Lingerie Katherine Sheers,Laura Stanford,2014-10-30 With just a sewing machine and some inexpensive materials, you can learn how to make your own unique and beautiful bras, knickers and camisoles. Work your way up from super-easy, Tie-side knickers and Wedding Garters that can be customised in endless ways, to sewing with silk, tulle and other delicate fabrics. With more than 25 projects that can be personalised to suit your shape, size and style, from a Skirted Lace Thong and Chiffon Camisole to a Silk Soft-cup Bra and Roll-on Suspender, explore the vast scope for personal, creative expression in traditionally private items of clothing, whether making them for yourself or as a gift.

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