



bOObs: A Guide to Your Girls

Elisabeth Squires

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All women have them and yet, few women truly understand them. Now we have *bOObs, A Guide to Your Girls*. This is the ultimate guide to breasts. It is estimated that 85% of women in the US wear the wrong bra size and many women expect their breasts to betray them, either with age or through illness.

bOObs takes the mystery out of breast health, awareness, and perception and celebrates the unique individuality of women of all ages, races, and cultures. Each chapter contains web and written resources, plus illustrations and sidebars with entertaining information on little known facts, trivia, and the best breast trends. Filled with personal, true stories (“mammoirs”), readers are given practical and useful advice from breast experts—lingerie fitters, clothing manufacturers, doctors, personal trainers, and others—on what to expect from their breasts and how to put their “best breast forward.”

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