



# **Busted!: The FabFoundations Guide To Bras That Fit, Flatter and Feel Fantastic**

*Ali Cudby*

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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.

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