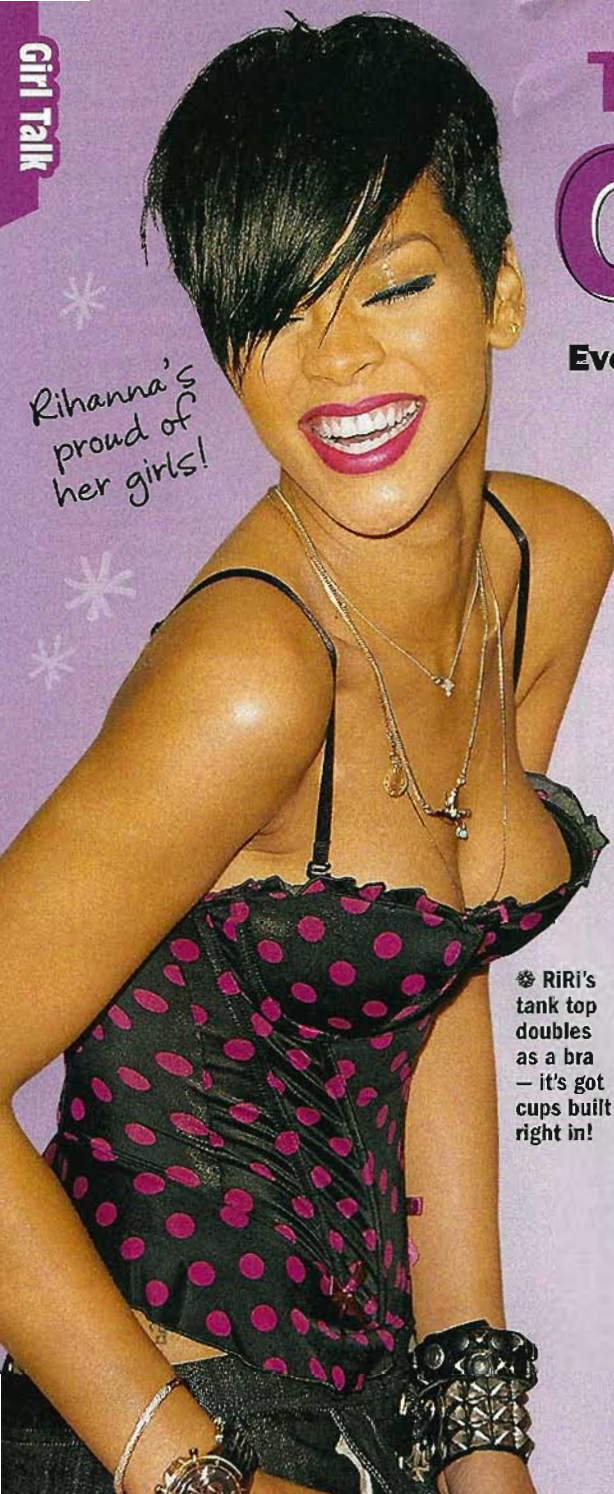


# The Truth About: Getting Bo

Everything you need to know about your breasts.

Rihanna's proud of her girls!



✿ RiRi's tank top doubles as a bra — it's got cups built right in!

**E**very girl has 'em, yet breasts as a topic of discussion can seem like such a taboo subject. So, with the help of Elisabeth Squires, author of *Boobs: A Guide to Your Girls*, we answered all the breast questions you just had to get off your chest! "Boobs come in all different sizes and shapes — you've just really gotta love your own body for what it is," Elisabeth says.

## Boob symmetry

**Q:** I think one boob might be bigger than the other. Is that possible? — *Julie, 15*

**A:** Yes, your boobs could be different sizes, but everyone's are. "Not everyone has two symmetrical breasts," Elisabeth explains to us. "It's very rare that anyone has two body parts that are exactly the same." For some, those differences can be full cup sizes, but even that's still normal. "Breasts develop at different rates," she says.

## Unwanted attention

**Q:** I think guys only like me 'cause I have big boobs. How do I deal? — *Caroline, 13*

**A:** "That's a really tough one," Elisabeth says. But blame it on immaturity, and realize these guys will grow out of it. "It's just what they do," she tells us. "They'll stare at a girl's boobs because they're not mature enough to be able to handle all of this excess flesh. You get attention when you're large-breasted, and sometimes it's unwanted."

## Why are they sore?

**Q:** Why are my breasts so tender before I start my period? — *Amanda, 14*

**A:** Thank your hormones for this one! "Basically, it's the rush of hormones in your system," Elisabeth tells us. "With all these body changes, the hormones are fluctuating constantly." So, how can you alleviate this tenderness? "Wear a good sports bra," she says. "Cotton won't chafe against skin."

## Will they stay perky?

**Q:** Does sleeping in a bra prevent boobs from sagging later? — *Victoria, 13*

**A:** Elisabeth recommends only sleeping in a bra if that is what is most comfortable for you. "A sports bra is the perfect bra to wear at night because it's not as delicate or fragile as one of your regular bras, but wearing one at night is not going to keep your boobs perky in years to come," she explains to us.

## Confident at Every Size! The stars rock what mother nature gave 'em!



Lauren's Cup Size:

**A**

✿ Lauren often rocks daringly low-cut tops, since bra support isn't her biggest boob concern!



Rihanna's Cup Size:

**B**

✿ Rihanna isn't just the princess of pop, she's also the queen of push-up bras! She loves her mid-size cleavage.



Blake's Cup Size:

**C**

✿ Blake knows when you have full C-cups like she does, it's important to have a good support bra.



Kim's Cup Size:

**D**

✿ Even though all of her curves have been discussed publicly, Kim continues to embrace her body!

