



bOObs: A Guide to Your Girls

Elisabeth McNulty Squires '80

256 pages, Seal Press, www.sealpress.com

“How well do you know your breasts?” asks Squires, who calls herself the Boob Lady. According to her research, 85 percent of women wear the wrong size bra, and many live their lives “with little guidance.” Squires’s book—a sort of owner’s manual for mammaries—provides advice from physicians, lingerie fitters, and exercise experts, and it offers tips for those pregnant or nursing. The author also coaches women on “how to put their best breast forward” at each stage of life, with one chapter titled “Saggy but Sexy and Sassy.” Squires runs a blog and an online forum and has appeared on *Good Morning America*. — AB



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