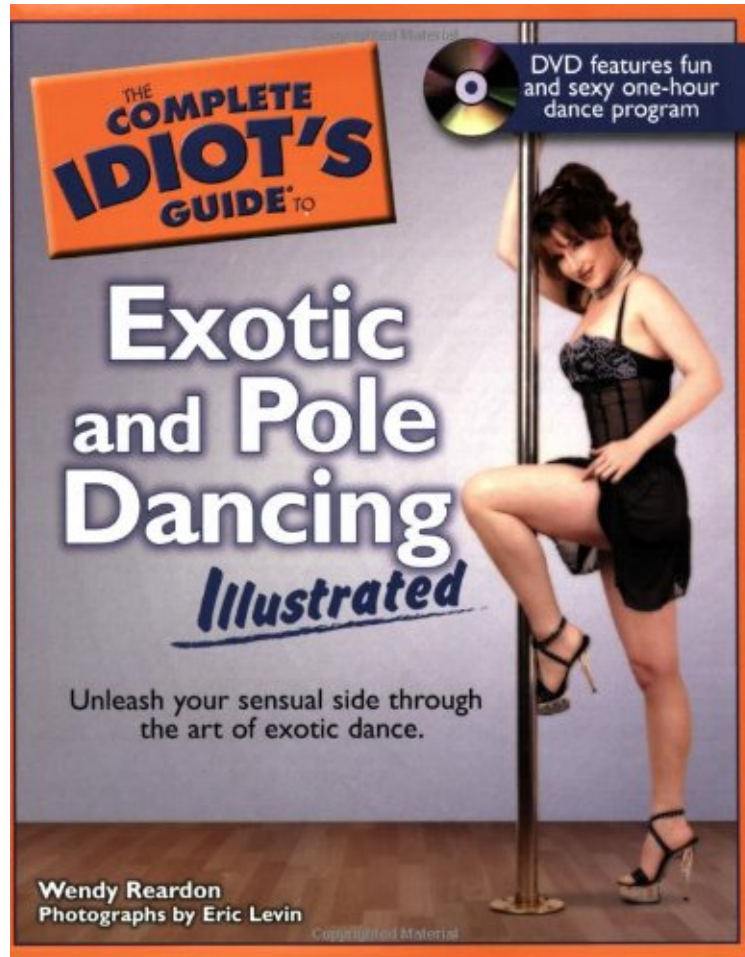


The Complete Idiot's Guide to Exotic and Pole Dancing Illustrated

Wendy Reardon

**Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



+

READ ONLINE

#1422827 in Books Alpha 2007-01-02 2007-01-02Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.94 x .56 x 8.00l, #File Name: 1592575609208 pages | File size: 38.Mb

Wendy Reardon : The Complete Idiot's Guide to Exotic and Pole Dancing Illustrated before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Exotic and Pole Dancing Illustrated:

2 of 2 people found the following review helpful. Hilarious and well worth the read!By Lnewbie76Maybe it's just me.. But I found this book hysterical. I did not have the pleasure of an included DVD, however, and I certainly feel jipped. Maybe it is because I was a bartender in an actual strip club for 10 plus years, but she, in my opinion, definitely not the most seductive or fluid dancer. She still has some valuable advice, though, and got a few really great tricks of the trade correct (especially her recommendations for clothes, shoes and the use of dermablend) so in that alone I'm pretty sure she must have worked as an exotic dancer at some point. she is no doubt quite a character, and the last 2 chapters of the book are literally laugh out loud hysterical. The suggestions to have a " stripper dance recital" inviting friends and family is the greatest. Don't drink... In case friends or family get out of control and get handsy or your other recital

friends get mad if you are dancing sexy for their husband... The best. I'm so glad I bought this just for the entertainment factor alone... I actually came away from it wanting to meet the author. She's probably a hoot to hang out with!

1 of 1 people found the following review helpful. Very little information on pole dancing, mostly about exotic dance

By brian diesterhaupt
The focus of this book is much more on exotic dance than pole dancing. Also, the pole dancing trick names were given names that the author thought up, not more commonly known pole trick names. I wanted a book with pole trick names and pictures of the trick as a reference, which there are pictures of the tricks, but it only has 1 chapter on pole dancing, the rest are on exotic dance. I wish there was a pole trick picture dictionary book (not an e--book) available. I did like the book, it has lots of good ideas.

11 of 11 people found the following review helpful. Great explanations, lots of variety... and lots of fun!

By Dr. Michelle Carnes
Wow, this book is a steal for \$20. You get a well-written, thoroughly entertaining and funny book loaded with creative ideas, suggestions and advice--plus a DVD with examples of what you see in the book. It's a great deal. Not to mention the author really knows her stuff. I love her comfortable approach, helping reduce anxiety over dancing "dirty," etc. As a former stripper, I find that many many women want to learn how to strip/lapdance/pole dance but are afraid of the social consequences, so I adore her reassurance throughout: this is fun, this is good exercise, this is for you and let no one make you feel any shame about being a sexy goddess. Amen, sister. Also emphasizes imperfect bodies and how to make your "imperfections" work to your advantage and learn to embrace them. Required reading for all shy violets and anyone who has ever said, "I'm too ___ to be a sexy dancer/stripper/etc."

Very highly recommended if you don't have a pole, if you just want some sexy moves to impress your partner or just look hot in front of your mirror at home. Also recommended if you have just invested in a pole and want a place to start that's basic and yet, provides room to grow. A masterpiece, a bargain.

The new dance craze that's sweeping the nation with a DVD! It's been featured on Oprah three times, and now women all over America are building confidence, shedding pounds, and spicing up their love lives. In the first instructional book on the subject, a professional dancer and instructor provides easy to follow, step-by-step instructions that will enable women to become expert exotic and pole dancers in no time. --Over 150 photos demonstrating all the moves -- The first instructional book on this new craze? --Includes a specially made, high quality 60-minute instructional DVD --Detailed advice about makeup, lighting, music, shoes, and costumes --Step-by-step instructions on how to have a removable pole installed in one's home

About the Author
Wendy Reardon, former model, Hollywood casting director, and TV producer, began her exotic dancing career at Snookys, the infamous chain of West Coast mens clubs. After financing her Masters degree in Medieval History by dancing in London clubs, she moved back to America and founded Gypsy Rose Exotic and Pole Dancing for Real Women, an instructional center and party company that teaches nonprofessionals the skills of exotic dancing. She's been featured in various publications and many television and radio shows.