

# Leggere Tacco 12 Ebook Gratuito PDF/EPUB/mobi - Veronica Benini



**leggere Tacco 12 Ebook gratuito PDF/EPUB/mobi Veronica Benini** , Passo fluido, figura slanciata, ticchettio cadenzato: quale donna non ha sognato di muoversi disinvolta su un paio di stilette? Anche Marta vorrebbe, ma fanno male, sono scomodi e, peggio ancora, le donano la grazia di un T-rex. Finché incontra la Spora, una sorta di angelo custode biondo e fashion, che rivoluziona la sua vita, a partire dalla scarpiera disperatamente piatta. Di zeppa in plateau, di sandalo in stivale, il tacco si alza, e di conseguenza l'autostima, la carriera e il batticuore. Pura fantasia? Solo nella forma, perché la sostanza è tutta vera. Da secoli i tacchi sono un indiscusso simbolo erotico, anche per un motivo fisico: impongono al piede e al bacino di assumere una posizione simile a quella che si ha durante l'orgasmo, rendendo la donna più consapevole della propria sensualità. A patto, ovvio, di saperli portare. Attraverso questa divertente favola moderna, Veronica Benini, la prima heel coach italiana, insegna tutti i trucchi per domare le scarpe più fighe: come

sceglierle in modo da evitare danni posturali, quali modelli non fanno soffrire (esistono!), quali supereranno la prova del tempo (da comprare senza sensi di colpa), quali invece durano l'arco di una notte. E poiché il passo dal guardaroba al beauty è breve, non mancano consigli per prendersi cura di sé, studiare look überfemminili e spingere alle stelle il tasso di sexytudine. Perché solo un'arma di seduzione di massa può trasformare una gattina in una pantera, bucare il soffitto di cristallo e conquistare il principe azzurro. Le miscredenti in ballerine sono avvertite.

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