



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

Wendy Reardon

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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

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