

**Waist Training 101: A Guide To Using Corsets To  
Slim Your Waistline**

**By Vanna B.**

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Vanna B. is an author and publisher of fiction novels. The Hope Street Publishing CEO is a native of Philadelphia, PA and received her BA in journalism from Temple

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What is waist training? Waist training: It is one of the HOTTEST sculpting trends out there right now. Celebrities such as Beyonc , and most recently Kim Kardashian

Credentials, Training, & Certification; Anesthesia 101: Waist Training: Is It Healthy? Body Contouring; 07/07/15;

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