

# The *Secrets To Concealing* Your *Man Boobs*



By Cliff Manchester

*"The Chest Coach"*

**ChestCoach™**  
The Quickest Way to *Naturally* Lose Your Man Boobs

The Secrets To Concealing Your Man Boobs by Cliff Manchester  
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“Firstly, The legal stuff .... They made me ☺”

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You'll find that this guide is pretty unique. Most guides to dressing are focused on women but I've found that a lot of guys are stumped when picking clothes that make them feel confident. The main issue is that many men suffer from a larger chest area. The common slang term for this is usually *man boobs* but if you suffer from this hearing that term probably makes you cringe. This issue was spoofed on an episode of "Seinfeld" where a bra was actually developed for guys who had *man boobs*. While the episode was all a bit of light hearted humor, for millions of men around the world this issue is definitely far from being funny, it can **actually be rather embarrassing and sometimes humiliating.**



**Cliff Manchester**  
Author of *The Chest Coach System* - The #1 selling guide to naturally losing man boobs

I'm the first one to know that **guys with *man boobs* often have a difficult time choosing clothes** because most things they wear can make the problem look worse. These guys often suffer from devastating effects of low self esteem and can have issues being around people because they always feel self-conscious about their larger chest. If you are a guy that has this issue, the first thing that you should know and understand is that you are not alone. It is estimated that 1 in 5 guys will have *man boobs* at some point in their life. The good news is that there are quick and easy things you can do when selecting clothes to take the emphasis away from your chest area and **make your *man boobs* seemingly disappear.** Here are the six guidelines to help you feel more confident in clothes:

1. If you are uncomfortable in clothes that draw attention to your *man boobs*, you should try and **wear tops that are relatively thicker.** This will flatten out areas and make your entire body seem as if it's proportioned evenly. As a result, even guys with the largest of chests will be slimmed down to look more like strong pectoral muscle. Thin

clothing tends to place an emphasis on any area that's not proportioned with the other areas of your body. Also, **stiffer clothes that are not necessarily thick will have the same result.** This is especially true for shirts where a stiffer material can flatten your chest area well.

2. You'll find that **certain designs and prints can be really effective** when trying to slim down *man boobs*. It usually works by making the area where the print or design is, thicker. This means that it can hide what you want very strategically. If you seek out highly designed clothing, you may be pleasantly surprised that your problem seemingly disappears. These designs can create a newfound confidence in many different ways!

3. If you're looking for clothes that will strategically slim your chest area and a larger stomach, you should **carefully consider the colors that you decide to wear.** You'll find that light colors tend to highlight the body more than darker colors. So it's probably in your best interest to look at those darker colors more. These colors can mask all sorts of issues with the body, whether it is *man boobs*, or added weight around the waste. Great colors include those of deep browns, dark grays, blacks, and even dark colored blues.

4. If you want to hide large breast size, and you are a guy, have you considered **wearing an open shirt over your clothes?** Or even two shirts instead of just one? I know that sounds a little uncomfortable, but it can be quite stylish. Experiment with it and see what works for you. This is really effective when it comes to covering up areas in the chest that you do not want noticed. It is even more effective if the inner layer has some sort of print!

5. There are certain types of clothes that it would be best avoiding if you have *man boobs*. For example, tight fitting shirts and tank tops usually should not be worn. But an exception to this is if you wear it under other layers of clothes such as a t-shirt or shirt.

**The extra layers effectively make your clothes thicker**, smoothing out your chest and stomach area. This can provide a more desirable appearance for some guys.

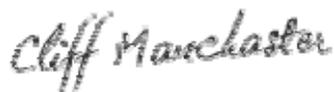
6. **Get the right fitting clothes.** There're no real rules for this, just if it feels good and you feel confident in it, then you can wear it. Don't limit yourself to always buying loose fitting clothes as fitted clothes can sometimes work well. If your clothes fall right on your body, and fit you appropriately, you are likely to feel more confident – whether you are trying to hide something or not.

As you can see, it is easy to feel confident in clothes even if you have *man boobs*. All it takes is a little creativity when it comes to selecting your clothes and your **self-conscious feelings will likely drift away**. But at the end of the day, this is only a part of the solution. These were some of the things I used to do when I had *man boobs*.

From all my research I've found that *Man boobs* is mostly **caused by a hormone imbalance and not just excessive fat**, so getting rid of them is *quite different from the usual diet and exercise* prescription most people will tell you to do. So to rid yourself of the self-consciousness that *man boobs* can have on your life please have a look at my guide to naturally *losing man boobs* at my website:

[LoseManBoobs.com](http://LoseManBoobs.com)

To your new success,



**Cliff Manchester**

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