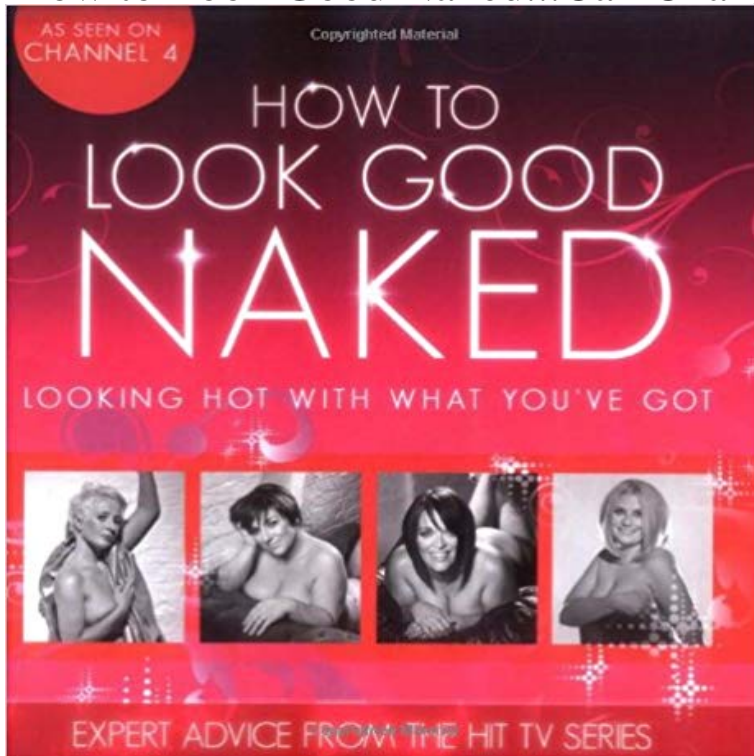


How to Look Good Naked...Can Change Your Life



Whether you're tall or short, fat or thin, apple-bottomed or muffin-topped? How To Look Good Naked...Can Change Your Life is your ultimate guide to looking hot with what you've got. Showcasing twenty women featured on the program, each with a different insecurity about her body shape and each learning to become a body-rater not a body-hater, flaunting what they've got and cunningly drawing attention away from what they've not. With top tips for accentuating natural curves and countering shapelessness, advice on salon products, fashion musts and fashion no-nos, this book will change your life. With detailed advice on facing body fears, building up confidence, addressing self-perception, working with your body and wearing clothes that make you look and feel good, that flatter your shape and emphasize the best bits of your body, How To Look Good Naked...Can Change Your Life shows you how to look fantastic with your clothes on or off no matter what your body shape.

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