

# Learning Curves

A woman with dark curly hair, wearing a purple sleeveless dress and a bright orange shawl, is running barefoot on a dark, rocky beach. She is smiling and looking towards the camera. The background shows the ocean with white-capped waves under a clear sky.

Living  
Your Life  
in Full

with Style

## Michele Weston

**FASHION AND STYLE DIRECTOR OF *MODE***  
WITH MICHAEL SHELDON

Michele J. Weston

## Learning Curves: Living Your Life in Full and with Style



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Learning Curves is component of a new revolution taking place in this nation, a revolution that's finally providing full-figured women a encounter and a tone of voice. By sharing their victories, their occasions of despair, and the lessons they've discovered, Learning Curves inspires ladies of all sizes to start on the road toward living their lives completely and with style. Setting strike the newsstands in 1997 and quickly found an adoring readership for plus-size women craving fashion and beauty advice. Her advice can be supplemented by the honest and compelling tales of real women who have taken that journey aswell, and with step-by-step applications created by Michele and professionals in the fields of body image, health, and wellness. Weaving stories of successful full-figured ladies, including actor-writers Delta Burke and Camryn Manheim, with her very own startling insights, Weston dispels age-old myths, exhorts females to toss off the shrouds of unfavorable thinking, and gives them the confidence to become the sexy, strong, and proud function versions they know they can be. These are the women who've guided Michele on her journey to a fulfilling life. Right now, in Learning Curves, Weston presents a comprehensive practical and spiritual system that guides women to explore their internal beauty and outer style and covers all the bases, from dressing and dating to meals and fitness. This program is founded on Weston's existence experience -- fifteen years to be on a continuing learning curve -- where she discovered her inner beauty, discovered to feel safe with her body, and embraced success by rising to the top in the field of fashion, where being full-figured is definitely considered a liability. Author Michele Weston may be the fashion and design director of Mode, the innovative style magazine targeted at the 62 percent of American women who wear a size 12 and above.



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The book's title lives up to its promise This book was written with a plus-sized audience in mind. She is an inspiration to us all. It helped me to put the issue of weight right into a even more constructive perspective. Since having two kids, I've struggled with a weight gain of 25 pounds. I read it about eight yrs. I am beating myself up over my weight for a long time. I've been on several diets (never any great ones) and I'd have some success until I acquired disappointed with the "slow" results and then would find old practices, along with the fat, creeping back. To be honest, ultimately I would still prefer to lose a little bit of excess weight. But here's the interesting factor, at least for me personally. It focuses on plus-sized women, but most of the advice could be utilised by individuals who could benefit from improved self-esteem in other areas.. I adore her! And an evergrowing appreciation for the unique person that I am got me performing things like searching out high-end consignment shops to find gorgeous, well-made and flattering clothing, exercising. not really with the purpose of losing pounds, but as a means of looking after myself. I have defined my very own style. It's only a nice little bonus., and feeding on moderately, but for pleasure (only delicious food need apply for consumption). I particularly liked the tales from successful, well-adjusted women who wrote about their personal struggles with acceptance of themselves, and by their families and the wider community - strong, uncompromising, successful females."And without ever feeling like I am "trying" to lose weight, I came across my clothes getting a bit looser, got curious and discovered I've lost seven pounds, over a period of about 8 weeks. Fifty pounds in a season.. Her book will help you to lead a healthy and happy lifestyle.D. There have been so many passages for the reason that publication that resonated with me, particularly in the chapters that dealt with the decades of my lifespan. in any event, in today's culture, the truth or the specter of "excess" pounds causes us emotional discomfort. After reading this reserve I realized it had been o. Living your life with style I got this book predicated on a review We read on another internet site. I sure made the right choice! This book was written for complete figured ladies, but I believe any female that feels uncomfortable in her own epidermis can benefit from this reserve. Michele Weston provides us with exercises to greatly help us discover what helps to keep us in a location of not really loving ourselves. It had been the first and only book I have ever read on body acceptance. However like a lot of women who enter their thirties I gained. I have been searching for it for a couple of weeks now. The wonderful thing is that because I've simply been focusing on looking after myself, on a variety of levels, the consequence of weight loss isn't really the idea. I was abruptly in a new world. I was plus sized. Filled with personal loathing, getting dressed became the biggest nightmare. I really didn't care about my clothes any more. I just wanted to be protected. It wasn't me who acquired the problem, it had been other people.. Other than this quibble, I came across this publication interesting and worthwhile. I don't know where I will end up, but by using this book I have designed a wardrobe that is me, and feels great on me. I am making myself look good with who I am right now, and what I have to offer. ago (which is 2010). to end up being 185 lbs. It started with this book-loving my body I loved this publication! The gain was fast. Medically, at a size 12, I'm regarded as "overfat," between regular and obese. I am not really living in "someday I am thin". Each chapter has stories of women which have dealt with body issues and learned to love themselves, not predicated on body size, but on who they are. I borrowed it from the library and I am today seeking my very own copy. I particularly appreciated Learning Curves for encouraging women to get to understand themselves, to treasure themselves and finally to take what they've applied and live, whether through quiet example or through energetic outreaching, as a role model for various other women and young girls who haven't however made or are simply beginning their trip. Rhonda Jones Good notion, well executed - shame about the illustrations As

you can plainly see by my ranking, I liked this inspirational reserve about self-acceptance. This book has really helped me define that. after five kids. The greatest thing this publication has taught me is definitely that I need not hide in ugly ill fitting clothing. I started loving my complete figured body. But unfortunately, my husband divorced me over my own body after I had the 6th baby. I came across this particulalry inappropriate in the section of dressing to reflect your look and best features - the women drawn could have looked appealing in sackcloth!The one thing I don't like about the book is it's focus on sex and getting sexy.k. In performing the exercises in the publication, I slowly began to convince myself emotionally that my personal value was a thing quite apart from my fat, something I usually knew intellectually, but still didn't completely believe in some part of my mind. The authors possess included self-esteem-building exercises, which complement the message of the written text. I experienced the self-respect to reject any feasible diet/activity changes unless I possibly could solution "yes" to the issue "Am I willing to perform this for the rest of my life if I never get rid of a pound? I was disappointed, then, to find that the illustrations (photographs and drawings), nearly without exception portrayed females who are average-sized or smaller sized. The simple truth is no matter just how much we acknowledge ourselves other folks will not, but there are a few who have emerge from the brainwashing of our culturewho dare to vary and don't accept the garbage the press and plastic material surgeons are feeding us: that your only gorgeous if you have a flawless body. I've lost 10 pounds, nonetheless it is a long process. LOVE MICHELE I have had the privilege of conference and becoming friends with the best Michele Weston.She is smart, stylish, and incredibly powerful.She's helped me to avoid living my entire life by a bathroom level and rather simply start living. I am indebted to her.With her eight steps you will feel as if you went to a mental club.The other book I've read during this time period to help me understand where in fact the creed of thinness came from to begin with was By no means Too Thin: Why Women Are in War with their Bodies by Roberta Pollack Seid, Ph.Even just before I understood her individually, she touched my life through Mode magazine's editorial fashion pages. She's subliminally helped all of us.With her positive messages through Mode magazine she helps people feel better about who we are. Even so, I honestly feel that the info contained within will help slightly over weight (or even normal-weight) ladies as much as plus-sized ones;.



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