

A black silhouette of a woman with long hair, wearing a purple dress and high heels, standing with her hands on her hips. The background is a solid green color.

DRESS YOURSELF

Skinn*



Taller, shorter,
boobier, curvier...
whatever!

Dressing The Body You Have
To Look Like The Body You Want

Sarah Shah

Sarah Shah

Dress Yourself Skinny



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“Get off that diet plan! National TV Image Expert & Image Coach Sarah Shah cuts through the most common fashion and “•”— Whitney Casey, TV Personality and Author of THE PERSON PLAN The wrong clothes could make you look 10, 20 or even 30 pounds heavier than you really are. Whether you intend to be thinner, taller, shorter, boobier, curvier or whatever, Dress Yourself Skinny will highlight how to dress the body you have to look like your body you want! s simple, step-by-step method to get your body you desire TODAY is sure to make your full-length mirror your brand-new BFF. Learn the crucial dressing mistakes that make you look larger than you really are. Make buying and dressing a breeze with fool-proof diagrams of the styles that are perfect for YOUR body-type. She also shares her entertaining, real and revolutionary picture wisdom on nationwide and regional TV. ••The proper choices can actually change your body right before your eyes! Sarah’s dress for achievement” She assists women and men in creating images which are fun and inspiring to wear, work for your life style, and are befitting your profession, passion, age, and body. assistance and actually shows you how to create image really work. Uncover the essentials every female must embrace to gown herself skinny.



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After reading the book and hearing her speak, I was motivated to clean out my closet..Very practical and helpful I loved Sarah's book. I got rid of items that didn't look right on me and required the others to my seamstress to have it altered. Personally i think like I have a brand new closet and I didn't buy any new clothing! The only thing I liked about the gown was the color--black. Gown YOURSELF SKINNY FASHION ADVICE WORKED FOR ME !! When Sarah and I went searching for my clothing, I was shocked when she suggested a little outfit with horizontal smooth pleats. Feel Amazing! She exposed the hour glass figure that I have been unknowingly hiding.! Wow! Not merely did I look skinny, but when I slipped on the open up toe pumps that she offered me, I felt like Marilyn Monroe. She exposed the hour glass figure that I have been unknowingly hiding.We am thrilled that she is now sharing her knowledge in her new book "Outfit Yourself Skinny". She addresses every body problem and provides you solutions that may surprise you. The book has lots of illustrations to help you visualize what you need to do. Be sure to take her guidance with before and after photos. When I emailed my after photo to my girlfriends, they swore I had gone to a plastic surgeon for "a little work". Right now I enjoy going to my closet to place outfits together. After a small nudging from Sarah, I attempted the dress on. I had the honor of working with Sarah Shah on a Television segment "Dress Yourself Skinny" in San Antonio. When Sarah and I went shopping for my outfit, I was shocked when she recommended a little gown with horizontal toned pleats. Sarah's style guideline helped me determine the style of the pieces to get that made me appear thinner, taller and sexier than before. I highly recommend this book. Outfit YOURSELF SKINNY FASHION TIPS WORKED FOR ME ! Wow! Not merely did I appear skinny, but when I slipped on the open up toe pumps that she offered me, I experienced like Marilyn Monroe. The one thing I enjoyed about the dress was the color--black.We am thrilled that she is now sharing her knowledge in her new book "Gown Yourself Skinny". She covers every body problem and provides you solutions that could surprise you. I promise, you will love your body after reading this publication and applying Sarah's principles to your buying and dressing. She focuses on fun and easy ways to minimize body problems and make wearing clothes a joy again! When I emailed my after photo to my girlfriends, they swore I had opted to a plastic surgeon for "just a little work".Many thanks Sarah for sharing your fabulous tips in "Dress Your self Skinny". Dress Yourself Skinny is my "go to" resource for shopping and dressing Sarah Shah is the expert when it comes to bringing out the real you in a way that connects your internal image to your external image. Regardless of your body type, by reading Sarah's book become familiar with the design of clothes that function best for you personally. Chapter twelve is definitely my chapter!. Thanks a lot, Sarah, for your insights, tips and methods. Chapter twelve is my chapter! Sarah's style guidebook helped me determine the design of the pieces to buy that made me appear thinner, taller and sexier than before. People had taken see and I felt great inside and the exterior. Before I read "Dress Yourself Skinny" I idea I had to buy the whole clothing in the same size - top AND bottom level. The book has lots of illustrations to help you visualize what you need to do.Many thanks Sarah for posting your fabulous tips in "Dress Your self Skinny". You will too! Thanks a lot, Sarah, for your insights, tips and techniques. Outfit Yourself Skinny is my "head to" resource for buying and dressing Sarah Shah is the expert when it comes to bringing out the real you in a way that connects your internal picture to your external picture. Regardless of your body type, by reading Sarah's book you will learn the design of clothes that work best for you personally. Little did I understand that, because of my narrow shoulders, doing this made me look bigger than I must say i am - yikes! Following a small nudging from Sarah, I tried the dress on. Before I browse "Gown Yourself Skinny" I idea I had to buy the whole outfit in the same size - top AND bottom. Small did I know that, due to my narrow shoulders, doing this made me look bigger than I must say i am - yikes! What horizontal and pleats screamed Fats if you ask me. People took notice and I felt good on the inside and the outside.! I guarantee, you will like your body after scanning this book and applying Sarah's principles to your buying and dressing. Now I enjoy going to my closet to put outfits together. You will too! I had the honor of dealing with Sarah Shah on a TV segment "Outfit Yourself

Skinny" in San Antonio. We also purchased her workbook from her website which I found to become a wonderful adjunct to her book! What horizontal and pleats screamed Extra fat to me. Sarah has an incredible way to say sooo much in a very easy-to-understand way! Her approach is so honoring of a woman's body, even when it is a not-so-ideal body! Be sure to take her advice with before and after photos. I was so intrigued as I started to read about choosing the perfect foundation undergarments, and progressing to determining my body and areas that I need to concentrate on .. It has therefore many practical and helpful tips. We resonated with all that she outlined for me to create a more beautiful body with a trim and "skinny" focus!.. long torso/long waistline !. wide hips ...Her recommendations for tops/jackets/bottoms/dresses/accessories for every of my body areas almost all had easy illustrations ... narrow shoulders . She is a expert at using the 'art of illusion' to generate an unbelievable looking body! This is a Must-Own Book for All Women Who Want to Dress Thinner & *All the queries about me, my desires for my own body, my wardrobe and my transformation! This girl's really first got it goin' on!



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