

# AUTHENTIC STYLE

A PRACTICAL GUIDE TO LOVING HOW YOU  
LOOK EVERY DAY



SHARON BILLINGHAM

Sharon Billingham

Authentic Style: A practical guide to loving how you look every day



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"The main element to being happy about how you look is based on yourself, not in your wardrobe." Authentic Style is vital reading for each and every woman over 40 who wants to get back control of how she looks and how she shows up in life. Go through this book rather because you's the time to take back control also to celebrate the girl you are and want to be.ve ever uttered those three little words - this is me personally - you"" With easy to digest info and simple recommendations that make a big difference, Authentic Design empowers every female to transform her looks and her outlook. From the trunk coverShe looked in the mirror.au "Yes. That is me. Woven through a delightful discussion about clothes and accessories is usually a deeper message of self-love, expression and acceptance.If you' Part workbook, part case research and part memoir, Authentic Style includes powerful queries that help a female redefine her design, gain acceptance of her body and revel in experimenting with fashion. Sharon leads dynamic schooling programs that teach self-recognition, acceptance and action so women have got the courage and the ways of look and experience their best each day.d think it comes naturally, but it doesn' You't for most of us. You can find too many conflicting communications of how exactly we should dress, communications that result in self-doubt and self-criticism. Right now'That is no ordinary styling book with glossy photos or fashion jargon.This practical help contains five proven steps to help you understand where your outfit habits come from and the courage to break those limiting habits. In just a short time, you't go shopping.If your wardrobe isn't working out for you, don'll actually anticipate getting dressed each day, confident your individuality shines through your outfits. In a world of conflicting communications about how we ought to outfit, personal stylist Sharon Billingham presents a proven 5-step process to help women find clearness in who they're and the tools expressing that through their clothes.ll find the solution to dressing authentically is inside you, not really your wardrobe. About the AuthorSharon Billingham can be an Australian Personal Style Coach who inspires ladies to dress authentically.ll know the joy and certainty that originates from understanding yourself and finding an authentic method of expressing it through clothing.With 17 years in corporate learning and development, Sharon had her own style epiphany four years ago following a session with a personal stylist. She experienced such incredible positive effects on her behalf life that she made a five-step process so other ladies could benefit from the clarity and self-confidence which come from dressing and behaving authentically. For more information about Sharon and her Authentic Style program please go to [www.coachmebeautiful.com](http://www.coachmebeautiful.com). Her expression softened and her eye welled up.



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Helpful, with a couple of caveats I have a fairly good idea of my own design, but this book really helped put things in focus for me. Five Stars I found this book amazing! There were a few issues I had with the book, however. The first is philosophical: Billingham appears opposed to the "dress for achievement" look on principle, that I find shortsighted. She explains how this is not just about clothes- it really is about treating yourself well and understanding whom you are. It would have been helpful to them if she got dealt with the subject. The second reason is the notorious subject matter of "fat clothes". If your bodyweight will fluctuate -- as much women's do -- you should keep more than one size of clothing readily available. Learned a lot I tried this book as part of the prime selections since I've lost weight and rebuying in smaller sized sizes. I like the book enough I will buy it. I cannot recommend this book plenty of. If you have an "outdated school" Kindle as I do, you'll lose all the color illustrations. I have been clinging to some of these pieces for years. However the book has currently more than repaid my small investment in it.) Getting rid of them not only freed up hangers and closet space; However when I did so the exercises in Chapter 2, first I discovered what it really is about the clothing I love that makes me draw them from the closet time and time again. They had no sentimental worth and most of these had become too big to wear.. As a result I could move every one of the five pieces of clothing in the "dislike" exercise directly into my "contribute to thrift shop" bag. Paid off for Me Before I Finished Chapter Two I just bought this publication and am only on Chapter 2, so this review could be premature. Also tho' I occasionally considered getting rid of them, I could never bring myself to accomplish it. (Why not? Amazing. For years I have already been unable to get rid of clothes I seldom or never use. Take notes and adhere to the workshops and you will have got a clearly defined idea of how you like to present yourself upon completion of the reserve. This book isn't: \* Filled with unrealistic advice compiled by an anorexic stylist or model \* Full of the same old advice that's in every style book, "Invest in the basics, spend less on the tendencies" What this publication is, is one which actually helps you figure out what is definitely hiding within you. I loved it and found a few guidelines. I can't wait to continue dealing with this book, but it's already earned its stars from me Ever stare at your closet and think that, "I have nothing to wear"? After go through it, I try to make an outfit and my friends got surprised . She approaches this in such a unique and personalized way. When I viewed my answers to her questions, it demonstrated such a glaring gap between how I describe myself as a person, and what's hanging in my own closet. We enjoyed the step-by-step manner in which Sharon led me to discover my perfect design & And it's one thing to believe, "Ok last one, well which makes sense." but an entirely different point to have written out why this is practical to you particularly, and see where points are lacking from your closet. Finally, I wish the book came in paperback or hardback. Loved this! I go through many books on style and truly enjoyed this one. While I am still trying to define my own style, there have been other tips I can use instantly, such as for example my accessories. I recommend the read! Highly recommended This book has a new and refreshing perspective on wardrobe organisation. It is very inspirational and subtle simultaneously. it gave me an amazing sense of alleviation and freedom. Highly recommended. great guide to discovering authenticity in kinds wardrobe. No question I can under no circumstances find anything to wear - nothing in my own wardrobe actually displays who I am. closet! Thanks a million! Fresh and WELL CRAFTED I read every design book that comes away and so often they're repeats of every other but this reserve was fresh and well crafted. This book that is about YOU I am reviewing this publication after only finishing chapter 2, because seriously, even if all of those other chapters were detailing how we is going jump off the closest bridge, this book has recently paid for itself. Purchase it - but only if you are prepared to do what

the author suggests! I have worked with Sharon and love her holistic approach. It not only is flattering for a few women, but many who are corporate specialists must wear it to work. But you can't improve if you don't put effort in to the exercises she suggests. Once I came across the underlying patterns in the clothing I wore probably the most versus those that never quite worked well for me, I was able to do a major closet cleanout and make more selective, useful buys. But how do you regulate how many and which items to keep without requiring a whole extra closet? Great commonsense tips. Another area it could have been helpful for Billingham to go over, although she did admit she was attempting to keep things as easy as possible. I really like this book Many thanks ! This book is effective and interesting .. The key to this book is actually recording your answers to her queries...I ' m happy.. And then I discovered what it is about the clothes I either by no means wear (or can't wait to escape when I do put them on) that I dislike.



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