



## Dressing Your Truth, Discover Your Type of Beauty

By Carol Tuttle

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### Dressing Your Truth, Discover Your Type of Beauty By Carol Tuttle

With the launch of her newest book, alternative therapist Carol Tuttle is turning long-standing fashion and beauty myths on their head, and helping rescue fashion victims who repeatedly fall prey to the latest trends. Based around Tuttle's years-in-the-making, breakthrough Beauty ProfilingTM system, Dressing Your Truth identifies four main Types of women based on their physical features, body language, personality and behavior tendencies. Tuttle's system is resoundingly different than any of the fashion/beauty makeovers you've seen in magazines or on tv - instead of just focusing on your outward appearance, it helps awaken your inner truth, bringing a deeper understanding of your true personal style, a better self-image and a more authentic sense of your own beauty. Tuttle's healing, therapeutic approach to fashion and beauty teaches how the supermodel standard has failed women, identifies the most common fashion mistakes and shopping tendencies, explains the top 7 fashion myths and much, much more. If you've ever felt defeated in a dressing room, faced a closet full of clothes but still felt you had nothing to wear, or thought you had to be skinny to be beautiful, Dressing Your Truth will be a much-appreciated reality check that will help you discover and celebrate your own, unique beauty. This book offers the reader the experience of taking the first step in Discovering Your Beauty Profile in her Dressing Your Truth do it yourself beauty makeover system. The author DOES NOT teach you how to Dress Your Truth in this book, but refers the reader to her online Dressing Your Truth learning portal which she created as the complementary learning experience to the book.

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## **Dressing Your Truth, Discover Your Type of Beauty By Carol Tuttle Bibliography**

- Sales Rank: #43119 in Books
- Published on: 2010-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .80" w x 6.00" l, .86 pounds
- Binding: Perfect Paperback
- 241 pages



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## **Editorial Review**

### **Review**

They say that beauty is only skin-deep, but let's face it: Most of us care what we look like on the outside. For women, that's an understatement. Turning beauty inside out Author tells women to ignore the latest trends and play up their personalities. Ever wish you could bring your therapist into the dressing room? Or at least learn how to have a healthier relationship with your mirror? The first step is to stop letting outside voices distract you from expressing your own true beauty, says Carol Tuttle, a Utah psychotherapist and the author of a new book that aims to turn long-standing beauty myths on their head, and to rescue fashion victims who repeatedly fall prey to the latest trends. Seven years ago, I started to take back my beauty, Tuttle, 52, writes in the self-published *Dressing Your Truth: Discover Your Personal Beauty Profile* (US\$19.95). For most of her life, the wife and mother of five disliked her body and her; aged and masculine; features, and spent years trying to improve what she thought was originally flawed. By age 13, she so hated how she looked, she scribbled over her picture in the school yearbook. Mine is a typical example of a female journey; says Tuttle in a phone interview. We don't ever outgrow that original trauma that all women go through to varying degrees. The fashion world is based on a system of styles and trends. And when they don't personify your type of beauty, the default for women is to think it's their body and appearance that's at fault. The current system teaches us how to put on beauty, she says, not how to bring out our own. Just because a woman looks stylish doesn't mean she's dressing her truth. One way to tell the difference is to notice whether you see the clothing, jewelry and makeup first, and then the woman. If she's dressing her truth, her body looks like a natural extension of her true self, Tuttle says. After years of doing therapy and discovering how intimately connected a woman's sense of fashion -- or lack thereof -- and her perceptions of body image and physical appearance are to her sense of self, Tuttle developed a beauty profiling system to tailor a woman's wardrobe to her personality type. It divides women into four basic types: Type 1, bright and animated; Type 2, subtle/soft; Type 3, rich/dynamic; and Type 4, bold/striking. Tuttle also points out that most current clothing systems only emphasize one thing -- colour. But there are four other elements in a garment -- design line, texture, fabrication and pattern -- that can either add to our natural beauty or conflict with it. Sorry to break the news, but that perfect little black dress is a myth. In fact, Tuttle says wearing black can actually make a woman look heavier and older. No movement, no expression, just stillness, and on most women, it's deadly. (Only Type 4s can really pull it off. For the other types, she recommends various shades of brown.)

Apparently even the rich and famous make the mistake of following trends instead of choosing clothes that look good on them and suit their personality. Take Michelle Obama. Although she has become a fixture in fashion magazines, Tuttle says the American first lady (a Type 3) is not dressing her truth. They dress her as a Type 4, and that can make a Type 3 appear harsh and overly intense. Quite often, she's also shown in that mommy look because that's such an important part of who she is, but it doesn't honour her beauty either. Despite all the plastic surgery, Joan Rivers (Type 3), on the other hand, makes a bold and edgy fashion statement that matches her personality. Tuttle's book will help readers discover their own beauty profile. To learn how to Dress Your Truth, with help from visual images and videos, there's also an online course at [dressing your truth dot com](http://dressingyourtruth.com). --Winnipeg Free Press - July 20, 2010

### **About the Author**

Carol Tuttle is an acclaimed Fashion therapist, best-selling author and 20-year pioneer in the self-help arena. *Dressing Your Truth: Discover Your Personal Beauty Profile* is her fourth book, and the first to apply her proven therapeutic techniques towards women's fashion and beauty. She is widely recognized for using the most current internet technology to create online resources and learning portals that have helped tens of thousands of women improve the quality of their lives and relationships. With her newest book, *Dressing Your Truth: Discover Your Personal Beauty Profile*, Carol Tuttle is helping to heal women from the negative

self talk that takes place in dressing rooms around the world. Her unique Beauty ProfilingTM system will help you better listen to your instincts, and discover and understand your true style. About Dressing Your Truth® Dressing Your Truth: Discover Your Personal Beauty Profile is based around years-in-the-making, breakthrough Beauty ProfilingTM system that identifies four main Types of women based on physical features, personality and psychological profiles. The Beauty Profiling process helps awaken each woman's inner truth, thus enabling them express the true nature of who they are - bringing a deeper sense of their authentic beauty, a better self-image, and the expertise to create their own personal style.

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