



Support Teleclass Transcript – December 2009

Ginger: Hi. This is Ginger Burr with Total Image Consultants. We are on Chapter 4 of “Who Taught You How To Dress.” This is the December 2009 class. I’m looking forward to talking with all of you.

The topic of this chapter is “The Bold and the Beautiful: A Fashion Soap Opera.” I don’t know how many of you have gotten to this chapter or beyond, but it’s a pivotal chapter. This is where you begin to let go of old patterns that have been holding you back. We’ve been doing a lot of that in the past. This is where it all culminates. I’m a big believer in doing it with fanfare, as you’ve experienced if you’ve already been through this chapter and done the fashion temper tantrum.

Let me first say that this does not mean that you will never again have moments of self-doubt, compromise self-esteem, or that a person’s hurtful comments or unwanted advice won’t cut you to the quick and make you want to retreat back into old ways. The truth is we all have those moments from time to time, all of us. It’s a fact of life, unfortunately.

It’s how you respond to them or recover from them and move on and regain your momentum and delight in your wardrobe and personal style that counts. We’ve talked about this before. I just like to impress this upon you. I know it’s not easy. Trust me. I know that for sure.

Also, as we move on through this chapter and beyond, please know that I’m always here to help you move through any obstacles, frustrations and set backs and to regroup, encourage and support you. That’s my goal. That’s why I put this home study program together. I want to make sure you can really get to where you want to go and want to be. Please don’t let these moments stop you from moving forward and creating a look you love.

Just a little reminder: you might have been living with some degree of frustration or obstacles in your personal style that have kept you stuck for 10, 20 or even 40 years. This is, unfortunately, not uncommon. While it won’t take even a fraction of that time to move in a positive direction, it won’t happen overnight. I don’t care what the TV makeover shows tell you. It won’t happen overnight, at least lasting change will not.

Let me also say very briefly that if you need more support and hands-on guidance than the monthly teleclasses offer, the “Fashion Fairy Godmother Program” might be a good addition. As you know, because you already own a home study



program and I've sent emails out to you about this, you are eligible for a \$100 discount if you register for the "Fashion Fairy Godmother Program." The coupon code for that is HSP-FFG. That stands for Home Study Program-Fashion Fairy Godmother. You can use that at any point this month to get that discount.

If you want to know more about the "Fashion Fairy Godmother Program," either contact me directly or go to www.FashionFairyGodmotherProgram.com. I'm doing a free teleclass on December 10 at 3:00 p.m.. You can register for that at www.TotalImageConsultants.com/fashionfairygodmotherprogram/registration.shtml. You can also email me and I'll give you the registration information. We will be talking about "Who are you hiding under your clothes?" It's a similar topic to what we are talking about today with "Who Taught You How to Dress."

How many of you have actually done the fashion temper tantrum? It's really a form of ritual that gives you the opportunity to vent, which is very important, to dream, and to release years of pent up frustration. If you have been dealing with a frustrating situation or obstacles for many years, it's time to let that go. Every little step you take, venting being one of them, moves you closer to where you want to be. It can help to shine a light on new possibilities and what lies ahead in our next few chapters. Next month, we'll be doing Chapter 5.

Letting go of the old is a very important step in this transition. Let me also say that there is no right way to do a fashion temper tantrum. I offer suggestions in the workbook but you're free to be creative or just keep it very simple. If you're a little bit on the quiet side and all the fanfare seems a little overwhelming, don't keep that from letting you do it. The important part is that you release the old to make way for the new.

Your Nurturing Beauty Journal is a fabulous way to release pent up feelings and get them out in the open. Write them down so you can move on. That's what your Nurturing Beauty Journal is for. The nice thing about journaling is that no one else needs to see it.

I put this part in for those of you, like me, who are Virgos who have a tendency to want everything to be perfect. You can write run-on sentences and cryptic messages that only you understand. You can be as venomous or angry as you want to be. Forget grammar.

That goes for everyone, but I know the Earth Signs, Virgos in particular, have a tendency to want to put in all that prose commas. Forget punctuation and spelling. Just write from your heart as much as you can as quickly as you can. It doesn't matter if it makes any sense. Just write it down.

It's a form of release so there's no need to hold back. I know it might feel silly or embarrassing to begin with if this is unfamiliar territory to you. I absolutely relate to that. It took me a long time to warm up to the idea of journaling. No one else will see this, just you.

However you decide to throw your fashion temper tantrum, remember it's a time to free your spirit so it feels free to move on and let new and exciting things replace those old, worn out ways of being. It's your opportunity to announce to the Universe, your inner being or god, however you want to refer to that part of you, that you're ready to move on. In a way, it's a form of celebration and anticipation of what's to come. Believe me. In the next few chapters, there's a lot to come if you haven't already done them.

If you haven't done it yet or even if you have, it can't hurt to do it again and release even more. You can do this over and over. Plan to do it in the next few days. Schedule it in and do it your own way. You can spend a whole afternoon doing it if you want. It doesn't have to take more than 10 minutes, but it's very important.

Let's look at your inner and outer beauty monitors. This is another part of Chapter 4. These are good monitors or indicators to use on a regular basis. Like so much of the rest of this program, it's not something you do just once, stick it in a drawer, and it's over. It's a tool to come back to regularly to gauge how things are progressing for you both internally, and that's what we've been dealing with a lot so far, and externally. They can help you to pinpoint where you are feeling unsettled or frustrated at any given time. Remember to use these regularly.

Last month we heard Hope talk about hurtful comments and unwanted advice when people would comment on her weight. I have to say it still boggles my mind that anyone ever thinks this is okay. For some unknown or misguided reason, they think it is.

To be honest, the truth is you can never control what others think or say. You can certainly make your feelings known, privately, to that person who upset you, but

in the end, the only control is you, how you respond in the moment, and how you let it affect you long term. I know that it's easy to be hanging onto these things. We've been dealing with that over the past few chapters.

Your inner and outer beauty monitors will let you know where you are, how much progress you've made, or where you may need to go back and do a little bit more work or pay a little bit more attention to certain aspects of the inner part in particular.

If you've had experiences similar to Hope and you feel angst and anger about them, I highly recommend reading Cheryl Richardson's book, *Stand Up for Your Life: A Practical Step-by-Step Plan to Build Inner Confidence and Personal Power,* if you don't already have it. In particular, read the chapter, "Stand Up for Yourself," especially the part about boundaries and telling the truth with love and grace. Many of you have heard me quote Cheryl about this before. It's a very powerful, empowering exercise and will help you let people know how to treat and respect you.

She walks you through exercises. It's something you can go back to over and over. If you don't already have her book, I recommend getting a copy right away. It can be an incredibly useful book you'll go back to over and over.

If you find yourself in these situations regularly, it might be very helpful to look at who you surround yourself with. Granted, we can't always say no to every family function if they are the offending party, but you can limit your connection no matter who or how close they are.

The important thing to remember is that you deserve respect. You deserve to be surrounded by people who honor, appreciate and respect you always for being you not how they want you to be. Believe me. A lot of people want you to be how they want you to be.

Let's review the inner and outer beauty monitors together. This will get you thinking a little bit. Remember, it can change from day to day. Even if you did this exercise yesterday, let's see where you are today. We want to catch these things early so they don't fester and cause big set backs or frustrations in your journey. Sometimes we don't know until we ask ourselves specifically about a particular topic.

We all have learned to squelch these feelings and put them to the back of our mind especially if we don't know what to do about them. Now, with the "Who Taught You How To Dress" program, you have support. You have these monthly teleclasses. You have access to me. Let's take a look.

For the inner beauty monitor, remember you answer either usually, sometimes or rarely to these questions. Just close your eyes if you need to and think about where you stand in each one of these, or make a little note if you answer rarely to some of these as I go through the list.

"I accept myself as I am." That is so very basic and yet sometimes it's one of the hardest things for people to do.

Another one is, "I'm happy about who I am."

This one is a biggie for a lot of women in particular. "I accept my body as it is." I work with a lot of women whose bodies are changing because of aging, menopause, having had babies, weight changes, or health or medical issues.

Our bodies don't stay the same forever for most of us. There are some people for whom it does, but for most people bodies change. Accepting your body as it does and is, is really important. Asking yourself this every day is not a bad thing to do. It's actually a good thing.

"I do not look for others to tell me I look good." I'll tell you a little story. Last night I went to a little neighborhood party at a café a couple of doors down from me. Just so you know I do this, too, I changed my clothes about five times for a lot of different reasons.

The main reason was that it was cold outside. I know that café sometimes tends to be a little chilly. I knew the door would be opening and closing. I also knew I was not going to wear a coat because I didn't know if there'd be a place to put it. I only had to run down two doors.

I needed to have something on that was going to be somewhat warm, but I wanted to look a little bit festive. I would put something on and think, "I'm freezing. I don't like this jacket over it." I changed my clothes again.

I didn't care what other people thought. It was important for me to not only be warm, but also to feel comfortable. That's basically what you want to be paying attention to every time you get dressed. That leads us into the next one.

“I do not need the approval of others to feel good about myself and how I look.” This one is really loaded because a lot of times it’s easy to have a tendency to dress so that other people comment. The most important thing is, first and foremost, that you feel good about how you look. That’s what this whole “Who Taught You How To Dress” program is about.

Then there’s also, “Being myself and expressing that in the clothes I wear is important to me,” or “I always speak up when someone says something inappropriate to me.” We just talked about that when I referred to Cheryl’s book, *Stand Up for Your Life*.

“I have made peace with any disparaging childhood messages about my body and who I am as an adult.” We spent a lot of time on hurtful comments and unwanted advice in last month’s teleclass. I know that just because we did that chapter, it doesn’t mean all of these things go away. Checking back to see how you’re doing with making peace with that on a regular basis is very important. You don’t want those little things sneaking back in and realizing that they have a hold on how you feel about yourself.

Then lastly in the inner beauty monitor is, “I know I deserve love and respect.” I know that sounds obvious, but you’d be surprised sometimes how we don’t pay attention to that or are not aware of how we feel about that. Check in. That’s really important.

Let’s move on to the outer beauty monitor. Answer usually, sometimes or rarely. The goal is to have all of these in the usually category. I don’t say always because I know there are moments here or there when these things will get to us. Usually means usually.

“I like the way I look every day.” I know when I do workshops and ask people this, I get chuckles from the audience. That’s not a good thing. I know that means they can’t imagine that they look good every day. That is the goal. It is doable. That’s what we’re working on in this program.

“I feel comfortable in all of my clothes.” I can tell you that, particularly as I get older and talk to my clients, I’m not alone in this. As we get older, comfort is really important. Sometimes we feel like we have to sacrifice comfort for fashion or fashion for comfort. I’m here to tell you that those two things are not mutually

exclusive. I know it's really important for us to feel comfortable in all of our clothes.

"I wear everything in my closet." That's another one that draws chuckles from audiences when I speak to them. That is the goal, to wear everything in your closet.

"I know what colors I look best in and wear those colors exclusively." This is a biggie. If you skip over this one, I recommend that you go back and pay a little bit more attention to it. If you have not had your colors done or don't intuitively know what colors look good on you, this can be a huge eye opener. It's really quite remarkable.

"I know when an outfit flatters and never settle for anything less." Don't panic with this one yet because we still have a lot of work to do in the upcoming chapters. If this still gets either sometimes are rarely, don't worry about it. Just make a mental note of it and know that we'll be addressing a lot of that as we go along.

This is also a case of if you've already gone through some of the future chapters and are still struggling with this, the "Fashion Fairy Godmother Program" could be a good addition for you. You'll get even more of my time and input and a two-day in-person retreat which can be very helpful.

"My closet is organized and I can find everything easily." This is critical. Clutter will not help you to be able to see what you have or to have any of these other things in the outer beauty monitor be true. "I like the way I look every day." "I feel comfortable in all my clothes." "I wear everything in my closet."

It's impossible to wear everything in your closet if you don't even know what's in there. Making your closet organized and being able to find everything easily is really important. We talk about that a little bit here through the program. This is something in the "Fashion Fairy Godmother Program" that we get into a lot because I think it's critically important.

"Everything in my closet fits me. Nothing is too big or too small." I know that most women have two maybe even three sizes in their existing wardrobe. That's fine. I know that our weight tends to fluctuate. However, in the closet that you go to all the time, that should only contain the clothes that fit you right now. Take out anything that doesn't fit you at this moment, put it to the back of the closet, move

it to another closet, or move it and pack it away. Do whatever you need to do to not have things in there that you cannot wear at this moment.

If you're answering rarely to that one, that's a quick and easy step to go and do. You can take a half an hour and move things out of there or separate them all completely.

"I only buy a separate article of clothing when I am certain it goes with something I already own. Otherwise, I do not buy it or I buy the rest of the outfit that goes with it." With this one, you know you have your Nurturing Beauty Personal Shopping Guide. This is one of the questions on there to ask yourself when you're purchasing clothes.

It's the same thing when you're getting dressed. Look at those pieces in there that don't go with anything. As we go along, we will work out making sure you have pieces that go with it or that they go away so they're not sitting there taking up space and causing you frustration. As you buy other things, use your Nurturing Beauty Personal Shopping Guide so you don't add more things into your closet that don't go with anything else.

"I only buy and wear something if I love it." This is also on your Nurturing Beauty Shopping Guide. You want to have this with you at all times when you shop. Even if the things in your closet right now are not exactly where you want them to be, you want to make sure that whatever you're adding that's new really fits all of your needs. That's where the shopping guide comes into play.

Lastly, "I always dress in a way that is congruent with my personality and reflects who I am at a deeper level." That's another big part of Chapter 4 that we're talking about today.

If you answered rarely to any of the statements in either the inner or outer beauty monitors, choose three and write them down now. Maybe you've already done this and can refer to your workbook. Maybe they've changed. Sometimes they do have a tendency to do that. Write those down now. Then choose one and turn it around into a positive affirmation or affirmation, a new concept I introduced in last month's teleclass, whichever you find more helpful or personally speaks to you.

In the inner and outer beauty monitors, all of those are already in affirmation form. However, if you answered rarely to, "I feel comfortable in all of my

clothes,” chances are good that if you try to use that as your new affirmation and say, “I feel comfortable in all of my clothes,” knowing that that’s so far from the truth, your inner critic will say, “Yeah, right. Who are you trying to fool?” It’s too big of a jump.

You must resonate with what you are saying. You must feel hopeful. If you need to, go back and listen to the recording from last month’s teleclass reminding you how to do affirmations or affirmations. You want to make sure that you resonate with whatever you’re saying.

Even if what you’re doing is taking a tiny step up, that’s great. You’re moving in a positive direction. If it’s too big of a jump to go to, “I feel comfortable in all of my clothes,” and it makes you laugh, that’s not good. That’s not going to work, and you’ll feel frustrated.

Instead, try something like, “More and more I feel comfortable in all of my clothes.” That might feel more comfortable. That might feel like, “Okay. I’m moving in a positive direction.” Maybe you say, “Comfort is important to me. I only buy clothes that feel good on.”

In an affirmation you say, “Why do I feel comfortable in all of my clothes?” Remember that when you do that, your mind or psyche will go looking for an answer to that and will provide the answer. I know some of you will respond more to affirmations and some to affirmations, but whichever it is choose one.

If you have a lot of rarely statements there, don’t try to do them all at once. Choose one. You’ll make yourself crazy or feel overwhelmed. Just choose one and work on that one for a week or two and see what begins to happen.

Then go back and do the inner and outer beauty monitors again. See if another one or several come up that are rarely. Choose one and work on that one. Do it a little step at a time.

Remember if you’ve spent 10, 20 or more years in a state of frustration, and you’re trying to get yourself to a place with the help of “Who Taught You How To Dress,” to a state where you feel really good, each little step you take in that direction is moving you closer to where you want to be. That’s the best.

It’s not trying to jump from zero to 60. It’s trying to move in small increments to where you want to go. Part of the focus of these monthly teleclasses is to remind

you that wherever you are right now is okay. With each step you can take in that direction to moving you to where you want to be, it's going to be great.

So it takes you six months, a year or a year-and-a-half to get exactly where you want to be. That's okay. It's an ongoing process, but it should be one you feel good about as you move along the continuum. That's what this whole program is about, moving you step-by-step in that direction.

Now, let's look at how to realign your inner and outer beauty. I love this quote from one of the women who participated in the original survey. You have it in your workbook. She said, "I haven't zeroed in on exactly how to express myself with clothing, or maybe I do not quite know who I am." That's perfect.

I can't tell you how many women I work with who basically say that. "I don't know who I'm dressing." "I don't know who I want to be. I look in my closet and it's this eclectic mess." You can have an eclectic wardrobe, but you want to make sure it really speaks to those different parts of you.

This feeling is an epidemic in our society. Knowing who you are dressing is critical to being able to make great choices that feed that spirit within you, excites you when you open your closet, and gets you to that point in the outer beauty monitor where you say, "I like the way I look every day."

I'm assuming you've done the exercise where you choose your words. If you haven't, do it soon or you can come to the teleclass tomorrow for the "Fashion Fairy Godmother Program." That can be helpful in working you through the exercise.

Just a reminder, if you do that, the handout that comes with that only has a fraction of the words you actually have in your workbook. Be sure to use your workbook from "Who Taught You How To Dress" if you're doing this not the handout from the teleclass for tomorrow. I paired it down to make it more manageable. You all are going for the whole program and makeover. You have all of the words. It's something we can take time to work on.

Hopefully now you have your four words that you feel represent that magical part of you, the part of you that you want the world to see clearly in the way you present yourself. Let's look at how you use your words when choosing a wardrobe or certain style preferences.

Some words are more obvious than others like pretty, elegant or romantic, but even within those more obvious words are subtle distinctions of personal expression. There is no one way. One person's pretty is so not someone else's idea. I can tell you this from personal experience in shopping with a lot of different women.

On the one hand, I'll be shopping with somebody and there'll be this rack of sweaters. Their eyes light up and they think, "Oh my goodness. I love these. I want one of these or two or three." Then somebody else will walk by and think, "Don't even show me those." It's a very personal thing. That's what we're going for, "Who are you?" not who is your best friend, mother, sister or daughter. It's who you are.

Romantic is another one. If each one of you told me your personal definition of romantic clothing, I promise it would run the gamut from lace and luxurious fabrics to corsets and plunging necklines. There is no right way to express any word. It's all about how it resonates with you.

This tool of finding these words will not only feed your soul and make you smile when you hit it right on, but it will save you money because you won't make mistakes. I'll talk about that in a few minutes.

Once you find these words, don't just stick them in a drawer somewhere. If you do, you're ignoring a powerful component of personal style. Write your four words on every page of "Who Taught You How to Dress." Choose a colored pencil or some pretty way of writing and write that in the upper corner of every page. Do it in a way that you notice it.

Let's look at a word like "luminous." I looked up the definition for luminous. It means radiating or reflecting light shining bright and clear. That's great. Also what can be very helpful when you have your four words is, "What is that word not? What's the antonym?" Sometimes it's easier to tell when a look is not something rather than when it is something. That can be very helpful in helping you make choices along the way.

The opposite of luminous is dark and obscure. For someone who has the word luminous, their colors will have a lightness and brightness. It's all within their own personal palette. One person's bright is not another person's bright. Their colors won't feel heavy, dark or inappropriately muted and non-existent.

Their fabrics will have movement or sheen. I'm not necessarily saying shiny and sparkly every moment. That can be too much. It can be subtle, but it will be there. They won't be really heavy, cumbersome mattes or stiff or none of that. Someone who is luminous has to radiate this beautiful lightness, brightness and clearness.

Details on the outfit will be elegant and clear. They won't feel heavy or cumbersome. In other words, most likely heavy chains and grommets will not be for somebody with luminous as one of their words.

Another word that comes up quite a bit is the word "wise." This one sometimes feels a little challenging about how to represent that. The definition for wise is marked by deep understanding, keen discernment, and a capacity for sound judgment.

The opposite of wise is words like sluggish, unaware or silly. For someone who is wise, their look would not be messy, unkempt or overly revealing. That would certainly not be keen discernment if you're overly revealing.

Another way to do this is to think of a woman you know. If wise is one of your words, think of a woman you know who you think is wise. It may be somebody famous or well-known. Look at how she dresses. There's a chance it could give you clues as to what might be helpful for you in making choices around color.

Chances are your colors will have a deepness, richness and complexity to them. They won't be light and bright. You won't be putting together bright pink, orange and green all at once necessarily. I never say never, but chances are good that would not be happening.

Let's also be sure that your words really capture all of you. I see this happen over and over. If you look at your words and they are all things like capable, responsible, smart and resourceful, I want to challenge you to dig a little deeper. If you need to, ask friends for help in identifying who you are.

If all else fails, register for my workshop called "Totally You Workshop," which is a full-day workshop. I don't have one scheduled right now, but keep looking. It does come up. Again, the "Fashion Fairy Godmother Program" will get into this very heavily if you need some help in choosing your four words because it is a very important part of this.

There is definitely more to you than those words like capable, responsible, smart and resourceful. Those may be very valuable words for you, but they're not all that you are. Not that they aren't wonderful, but let's be sure all facets of your personality are being recognized.

Let me give you an example. Not too long ago, I had a group of women come for a wardrobe program. I put them through a quick exercise of choosing some words. One of the women came up with these words: responsible, trustworthy and down to earth. Those are nice words. They are definitely words that described her but it was very fun when watching her a little bit and speaking with her friends. It was very clear that there was more there. It was so familiar to her that she couldn't see it.

We ended up adding the word feisty and also giving her an essence of quietly elegant. It was so clear even from the way she put herself together that there was a quiet elegance there that needed to be expressed in the clothing choices she made. It's very important for her that none of her words were fussy. That can be true for somebody who has wise as one of their words. They're not going to have anything really fussy going on.

For instance, she expressed feisty in the color. She'd have these gorgeous reds or purples within her palette. They would be expressed in a quietly elegant way. They didn't have ruffles, bows, lots of details and pockets, and things hanging off of them. They were done in a very understated, down-to-earth way.

It's important to get all of those words represented, some more than others. There will be some times for her where her feisty might stand out a little bit more than responsible. That's okay. You'll know, at different occasions, when that's appropriate. Make sure if you're finding your words are all basic that you're really looking a little deeper to see if they speak to all of who you are.

When and how do you use these words? I just want to give you a personal example. Quite a few years ago, a friend of mine, Carla Mathis, who is a wonderful image consultant in California, was doing a training for image consultants. We went through a similar exercise. During that exercise, the word that was given to me, if you will, to speak to my form of style was exquisite. It still feels a little embarrassing for me to say that word, but I decided I would own it and see what happens.

Here's what I do. There are some times when you shop you just know. When you see something, you think, "I love that. It's perfect." There's no questions whether you should buy it. That's fine. I use this word when I look at something and think, "Is it a yes or a not quite?"

For instance, I love shoes and can look at a lot of different shoes. If I see a pair and think, "Oh, I love these," the first question I'll ask myself is, "Are they exquisite? Is that pair of shoes exquisite?" It can be a casual pair of shoes or a really dressy pair of shoes. It can be a day-to-day pair of shoes or boots. It doesn't matter.

There are many ways exquisite can be implied. If I look at it and say the word exquisite and that does not resonate, then I put them back on the shelf even if I think they're truly adorable or fun. It just means that I can appreciate them but they aren't me.

If I take them home, they will sit on a shelf. I'll keep looking at them thinking, "Oh my gosh. Those are the cutest shoes I've ever seen, but somehow they just won't fit into my wardrobe." The last thing I want to do is have little pieces of art on my shelves. I want to wear my clothes. I won't get them. It helps me to do that.

Let me also tell you a story I've shared with very few people about an experience in dressing when I didn't use my word and actually made a mistake in buying something. As I mentioned a little earlier, I'm always freezing. It's winter here where I am. It's cold. There's ice on the ground. The thought of wearing short sleeves or even three-quarter sleeves does not appeal to me at all this time of year.

I'm always looking for things that are very warm to wear but stylish as much as possible. I remember I found this one jacket that was really warm and kind of fuzzy inside. It was in my perfect colors, oranges, golds and greens. It fit me perfectly. I felt warm. I knew it would go with things I had. I bought it.

I got it home and found I would put it on and take it off. I'd put it on and take it off. I did this over and over. One day I said, "Ginger. Hello. You teach this. What is wrong with this jacket? We need to find out because you're not wearing it."

I made myself put it on and stood in front of the mirror. I finally said, "Is it exquisite?" I realized it was not. It was too rustic of a design for me. It just didn't fit in with who I am. It was right on many levels but it missed that one big place.



In my eagerness to get something warm, I bought something that was not exquisite.

I had to get rid of it. I actually packed it away. I'm hoping to be able to give it to somebody at some point. I'm never going to wear it.

Your words can be incredibly powerful. They can save you a lot of money and help you to create a wardrobe you really love. Don't just stick them in a drawer. Use them.

I just want to remind you that next month's teleclass is on Wednesday, January 13. I'm pretty sure the time will be 3:00 p.m. Eastern Time. We will be talking about Chapter 5, "Standing Up to Outside Influences." This is a very jam-packed chapter.

Feel free to join me on the call tomorrow if you'd like to. If you need that information, you can email me at Ginger@TotalImageConsultants.com. The call is on December 10.

Otherwise, I wish you all a joyous holiday season filled with beauty, style and grace. Keep working on your workbook. I will talk to you next month, Wednesday, January 13 with Chapter 5, "Standing Up to Outside Influences." Thank you. Bye-bye.