

DRESSING *Your* TRUTH



CAROL TUTTLE

Founder of Dressing your Truth

Best-selling author of four books, Carol created Beauty Profiling and Dressing Your Truth to give women everywhere the skills and knowledge to affordably and effortlessly express their unique beauty. Her revolutionary do-it-yourself makeover program has transformed the look—and lives! —of women all over the world.



Stop Getting By... Get Confident!

Why Most Women Are Getting By

In the world of fashion and beauty, something unacceptable is going on.

Women everywhere are having bad hair days, trying to lose weight, experiencing frustration in dressing rooms, and feeling like they have nothing to wear—even when their closets are full.

Worse yet, women all over the world look in the mirror and don't feel beautiful!

There's proof of this problem, and it's coming straight from women themselves:

When the results started pouring in for my Beauty Confidence Quiz, I was astounded at how many women felt lost, or like they were just getting by in 7 different areas of fashion and beauty. I call them the 7 Beauty Dilemmas.

The dilemma that concerns me most? Self Acceptance. Of the thousands of women who took the quiz, a whopping 93% of them came in as lost or getting by in self acceptance.

That's just not right!

And it doesn't have to stay that way. In fact, for many women, it hasn't.

I once helped a woman named Sheila who disliked her features. She longed for a cute little button nose, but could never bring herself to go through with a nose job. She saw so many other flaws in the mirror that she just figured her appearance was as good as it would get—she might as well just live it with.

Talk about getting by! She discovered something, just like you can with this report, and it started her on the road to a miraculous

transformation that made her nose seem just right for her face.

In fact, her other perceived flaws also disappeared! They became some of her most beautiful features, made just for her. And now she LOVES how she looks.

Wonder what Sheila's nose has to do with you?

Well, every woman is affected by the 7 Beauty Dilemmas, whether she thinks she is or not. You might not feel like you're lost or getting by in every area, but chances are, there's at least one beauty dilemma that's holding you back.

And it's not your fault!

So is there any chance this report could help you feel confident? Absolutely. And you're about to find out why.



Carol's Story

The sad story behind this picture is far too common.

I scratched that picture out of my seventh-grade yearbook because I believed I was ugly.

My doubt about my appearance led me to despise myself at an early age. When I recently discovered the picture, it made me cry.

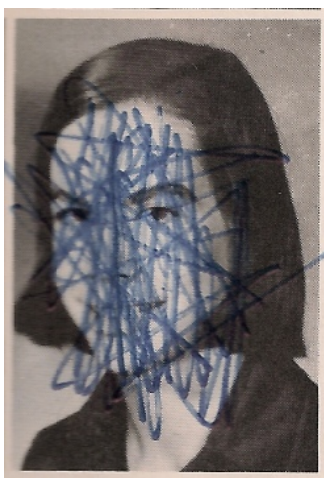
As I grew up, I concluded there wasn't much I could do about my looks. So I decided to focus on my inner gifts and talents.

During my many years as an alternative psychotherapist, I saw firsthand the deep wounds that women experienced because of their teenage beauty experiences and continual battles with their looks, weight, and self-acceptance. My earlier painful experience was the norm for too many women!

After seeing so many women in my same situation, I was sure of two things. First, our outer appearance strongly influences our inner peace and confidence. And second, women can't all be as ugly as they feel they are. The problem isn't women.

I've since discovered that the fashion

industry only shows women one of the many Types of beauty that women naturally express. And they are showing



Carol Scratched Out Her Own 7th Grade Year Book Photo

it in a distorted way that no woman could easily achieve. We're all trying to fit into a limited idea of beauty—and it doesn't work!

Once I discovered my own unique Type of beauty, I really loved what I saw in the mirror. And I look great!

You can see for yourself above...

Since then, I have shared my revolutionary Beauty Profiling and Dressing Your Truth programs with tens of thousands of women in all 50 United States and over 40 countries around the world. I am on a mission to save women from an unacceptable status quo.

Thanks for joining me!

You're Reading This for a Reason

In my experience with thousands of women over the years, I've discovered something: Every woman wants to feel and LOOK beautiful.

I don't mean vain or flashy. Just beautiful. I haven't met a woman yet who doesn't want to feel confident, inside and out.

If you're reading this, I assume you want confidence, too. So let's start unlocking your true beauty!

The first step to confidence is identifying what needs to change. Let's take a closer look at the 7 Beauty Dilemmas most women struggle with and what you can do about them.



Dilemma #1: Shopping

Women Lost or Getting By: 86%

What would it feel like to walk into a store, knowing you'll find the perfect outfit at the perfect price?

When you're GETTING BY or LOST with Shopping, shopping experiences feel long and unsuccessful. Only a few items seem to work and you bring home items you end up disliking.

You leave a store or dressing room feeling bad about yourself or discouraged about your body.

When you're CONFIDENT in Shopping, you find clothes you feel good in, quickly, easily, and for the right price. Shopping is a fun experience and you continue to enjoy your purchases long after you bring them home.



Dilemma #2: Hairstyle

Women Lost or Getting By: 83%

What would it feel like to have a great hair day—every single day?

When you're LOST or GETTING BY with your hairstyle, you have bad hair days—simple as that. You spend lots of time with it or you opt for a practical, no-nonsense solution (ponytail, anyone?). Either way, you're not thrilled about what your hair is doing.

When you're CONFIDENT with your hairstyle, you just don't have bad hair days. Your hair looks great and it's easy to do. You know what to tell your stylist to get exactly what you want. And you leave the salon, confident about re-creating that great style all on your own.





Dilemma #3: Personal Style

Women Lost or Getting By: 84%

What would it feel like to have a signature style that makes you feel amazing and gets never-ending compliments?

When you're LOST or GETTING BY with your personal

style, you tend to feel frustrated by the constant change in fashion. You might copy trends, but they never look as good on you as you'd like them to. Fashion feels like it takes a lot of extra work, money, and time.

When you're CONFIDENT with your personal style, you feel effortlessly fashionable. Amazing outfits just come together because everything in your closet makes you look and feel great. Plus, you save time and money because you always know what's right for you.



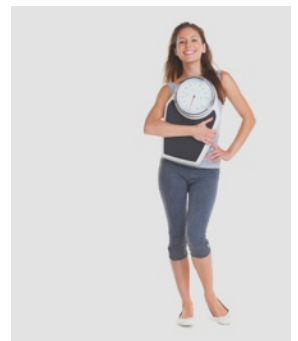
Dilemma #4: Weight & Body

Women Lost or Getting By: 75%

What would it feel like to love what you see in the mirror (even if you have some extra weight) and to easily start shedding extra pounds due to your new-found confidence?

When you're GETTING BY or LOST with your weight and body, you tend to feel fat, and may feel guilty about eating certain foods. When you look in the mirror, you notice flaws and extra weight first, or focus your attention on features you wish you could change.

When you're CONFIDENT with your weight and body, you love and appreciate every part of your body. Even if you have a few extra pounds, you still feel confident. And because of this confidence, you tend to not hold onto excess weight. Your clothes fit well and your body continues to get stronger and healthier.





Dilemma #5: Self Acceptance

Women Lost or Getting By: 93%

What would it feel like to sincerely know and feel that you are beautiful from head to toe?

When you're LOST or GETTING BY with self acceptance, you tend to dwell on what you believe are your flaws—both outer and inner. You sometimes feel jealous or intimidated by other women's talents and beauty and wish you were different from who you are.

When you're CONFIDENT with your self acceptance, your internal experience is joyful and full of appreciative self-discovery. Your outer appearance reflects inner confidence. When you see another beautiful woman, you still feel confident about your own unique beauty.



Dilemma #6: Fashion Vanity

Women Lost or Getting By: 79%

What would it feel like to have enough money to spend on yourself?

When you're LOST or GETTING BY in the experience of fashion vanity, you tend to feel guilty for spending money on yourself. You think that taking care of yourself is vain or selfish, and other needs always seem to come first.

When you're CONFIDENT, you no longer struggle with feelings of fashion vanity. Your needs are met and you spend money wisely. You feel joy in caring for yourself, and you recognize that your appearance is an expression of both your inner and outer beauty.





Dilemma #7: Wardrobe

Women Lost or Getting By: 89%

What would it feel like to put together an amazing outfit (quick and easy) every morning?

When you're LOST or GETTING BY with your wardrobe, your closet is full of clothes... but you often feel you have nothing to wear! You hang on to clothes that don't fit anymore—and you don't want to buy new items until you lose weight. It takes time to put together a great outfit.

When you're CONFIDENT with your wardrobe, you love all the items in your closet and they work together well, so your wardrobe is very versatile. It's easy to put together a great outfit in just a few minutes. Plus, you look amazing in everything you own.

Defeat Those Beauty Dilemmas!

If any of the beauty dilemmas have got you down,

I'm sorry.

I don't want you to experience the frustration of just getting by.

And congratulations! You're doing something about it this very second.

I've identified some of the main reasons why women all over the world get stuck just getting by.

Do any of these reasons describe you?

(continued on next page)



**Even if you're getting by,
you don't have to stay there.
You deserve more!**

Discover which reasons you're just getting by...

The Fashion Industry

The fashion industry is really good at designing and selling clothes. But it's not good at honoring women's true beauty. Because the clothes are the focus (not the women), the fashion industry teaches that women can put beauty on. Women should really be taught how to bring their true beauty out.

"I say this wholeheartedly: most women do not know how truly beautiful they are. Frankly, they have never had the tools to discover their innate beauty or to express it effortlessly." — Discover Your Personal Beauty Profile, p. 18

Too Much Weight

In a fashion world that shows tall, skinny, airbrushed women as the model for beauty, it's no wonder so many women believe they have to be skinny to be beautiful. It's a belief we take on as girls and it continues to defeat us throughout our lives. Stop shaming your body and the size of it!

Not Enough Money

Most women have a limited wardrobe budget. They spend what they can, and still feel frumpy or out-of-date. If they just had more money! But the average woman doesn't like 60% of her clothes. Just think what you could do with all the money you wouldn't waste if you knew what to look for.

Getting Older

We've been told that women lose beauty as they age. It's probably more accurate that women just get fed up with the fashion world the longer they deal with it. Your true beauty is an expression of the true YOU, no matter your age. And you are never too old to improve yourself and develop the woman that you are!

Past Experience

Most women were just not supported in expressing their true natures as they grew up. I bet you can remember a hurtful remark about your teenage appearance. Even if you know it's not true, that painful comment has stuck with you. Release those hurtful statements and prove them wrong!

Whose Fault Is It?

It doesn't really matter who's to blame for our current system. I just want you to stop blaming YOURSELF. And there's something important you need to see on the next page.



Two Kinds of Women: Which Are You?

You might find this surprising.

Any frustrations you experience might actually be a good measure of how capable you are of becoming a confident woman. Take a look...

Frustrations of a Woman Who's Getting By

- Your style feels like trial and error.
- Your closet is full of clothes you never wear.
- You feel like you can't be beautiful until you lose weight.
- You leave the dressing room feeling defeated or ugly.
- You feel guilty for spending money on your appearance.
- You feel discouraged after reading fashion magazines.
- You worry about seeming vain or making others jealous.
- You look in the mirror and notice your flaws first.

Characteristics of a Confident Woman (Could This Be You?)

- ★ You think, "Now, this is me!" about every outfit you own.
- ★ You have a personal style you love- fashion is easy and fun!
- ★ You feel confident at any weight, and as a result, your body doesn't hold on to extra pounds.
- ★ Your shopping trips are easy, fun, and always successful.
- ★ You never waste money on the wrong clothes, and you find the right ones for the right price.
- ★ You listen to your beauty sixth sense to know what's best for you—and you're always right!
- ★ You see beauty in every woman, an expression of your true feminine nature, which is inclusive and supportive.
- ★ You receive compliments about you as a woman, rather than individual items, like your shoes or purse.
- ★ You recognize that your natural features are actually your greatest strengths.

Do you see it? All of the traits on the left show that you're trying to have the experiences on the right. Which means you have what it takes to be a confident woman! Your efforts are just misdirected right now.

This is a big Aha! for a lot of women: when they realize their looks, their body, and even their age aren't to blame. Their strategy just isn't working. And your strategy can change!

On the next page, you'll find 3 simple but powerful changes to get you started.

3 Powerful Ways to Stop Getting By

Tip 1. Take Care of Your Inner Teenager

Women all over the world have internalized a lie that doesn't serve them.

It starts for many women as early as 12 or 13 years old. Teenage girls receive all sorts of messages from a flawed fashion and beauty system that convinces them they aren't skinny or sexy or something enough to be truly beautiful.

It's not true! But these girls are so young, and they don't have the tools to replace the lie with something else. Without clearing up false beliefs, the lie can become embedded in a woman's consciousness for life.

Start getting rid of the lie today by saying these to yourself:

1. Even though I've believed that I am not truly beautiful, I deeply love and accept myself.
2. I forgive myself for letting other sources make me doubt my beauty.
3. I am ready to let go of the self-doubt I experienced as a teenager.

Harness the power of affirmative thinking and release that lie!

Tip 2. Stop Waiting to Be Skinny

Women everywhere are waiting... waiting for clothes in the back of the closet to fit, waiting until 10 pounds are off before buying that dress, waiting to be skinnier...

If you've been waiting for weight loss to update your wardrobe, you're actually making it harder for your body to feel appreciated and cared for!

Don't give up your healthy goals. But don't wait for weight loss to make you beautiful! You already are!

Try these two great tips:

1. Wear clothes you feel beautiful in NOW. Go buy something you feel great in. Wear it every day if you have to. See what a difference it makes.
2. When you feel yourself comparing your waistline to another woman's, give a compliment. Don't focus on her weight or clothes. Use your compliment to express your appreciation for who another woman IS. Then give yourself an inner compliment, appreciating your own unique gifts and talents.

Try both of these out today and you might be surprised what happens.

Tip 3. Play the 3-3 Game With Your Closet

Your closet will tell you what's not working... you just need to pay attention. Do this:

Pick out three items from your closet that you absolutely love. These should be items you wear all the time that make you look great.

Now pick out three more items—this time, items you rarely or never wear. They might be things you thought you loved, but you don't really like now.

Here's the trick: figure out which elements each group has in common. Do you love or avoid certain items because of the way they feel on your body? What about texture, color, or pattern? Write a list of which qualities in clothing make an item a favorite.

Next time you go shopping, pay attention to the qualities you listed. Your beauty sixth sense is an internal voice that knows what's best for you. Every woman has a beauty sixth sense, but no one has taught you how to listen to it and trust it. Start listening to yours more carefully.

Listening to your beauty sixth sense is vital. But it can take a lot of trial and error without the right tools. So I want to give you a shortcut...

Your Shortcut to Confidence: Beauty Profiling



"The fashion world shows one type of beauty. That's just unacceptable."

I've spent years creating and fine-tuning a method that helps you get in touch with your beauty sixth sense quickly and easily—so you can turn into that confident woman you're meant to be!

The fashion world shows one type of beauty. That's just unacceptable. Why? Because there is more than one type of beauty! In my revolutionary Beauty Profiling system, I introduce you to the 4 Types of beauty—each with limitless, unique variations in how to express that beauty with fashion and style!

Check out this introduction to all 4 Types of Beauty. Which one do you identify with most?



Type 1: The Bright, Animated Woman

Primary Movement: Upward, light.

Natural Gift: Ideas

You have a light, upward energy. You brighten a room and easily bring a smile to others' faces. People enjoy the gift of your naturally fun-loving and hopeful nature.



Type 2: The Subtle, Soft Woman

Primary Movement: Fluid, flowing.

Natural Gift: Details

You have a calm expressiveness about yourself. People like being around you because you help them slow down and experience peacefulness in life.



Type 3: The Rich, Dynamic Woman

Primary Movement: Active, Reactive.

Natural Gift: Action

You are naturally dynamic, sure, and purposeful. You have the gift of action, and seek to constantly move those around you forward to a desired outcome.



Type 4: The Bold, Striking Woman

Primary Movement: Constant, Still.

Natural Gift: Perfecting

You are reflective, concise, and clear. You have a natural gift for perfecting things and showing others how something can be made better. You exude an energy that is seen by others as serene.

Knowing your Beauty Profile will rocket you to beauty confidence faster and easier than anything out there. But you don't have to figure it out from a one-page summary.

Continue your exciting road to confidence and freedom at a free, online event

Beauty Profiling is **not a personality test** or color analysis system. It's unlike anything you've seen before. Why? Because Beauty Profiling looks at the whole woman: facial features, body language, thoughts, feelings, and communication style. Even women who didn't think they wanted fashion advice say their Beauty Profile was a life-changing discovery!

It's Time

Too many women accept the unacceptable in fashion and beauty. I want something so much better for you!

It's time for you to become the confident woman you were meant to be.

And I know I can help you get there because I've done the same for thousands of women the world over.

Your Next Step

Join me for a special, online training event (it's free). I guarantee that you will leave the event feeling more empowered as a woman, armed with a new awareness and tools to help you recognize your true beauty and get in touch with your beauty sixth sense.

Sign up for this free event here

It's time for you to stop getting by and discover the confidence you never even knew you had!

Plus, I'll share insights to help you tap in to your beauty sixth sense:

- ★ The key to confidence nobody talks about
- ★ A surprising shopping secret you've never thought of
- ★ What the beauty code word for each Type reveals about YOU
- ★ And more!

I'm hosting this event for you. I want you to know, feel, and see your true beauty every single day, and I want to teach you how to put a style together that expresses the true you in an affordable and easy way.

So be part of this experience with me for an hour. You'll be grateful you did for the rest of your life.

Register for this free event now!

God Bless,



Carol Tuttle

Carol Tuttle
Founder of Dressing Your Truth

PS. Experience the magic that happens when you stop just getting by. It all starts with this online beauty training event.

>> Click here to reserve your seat...it's 100% free!

