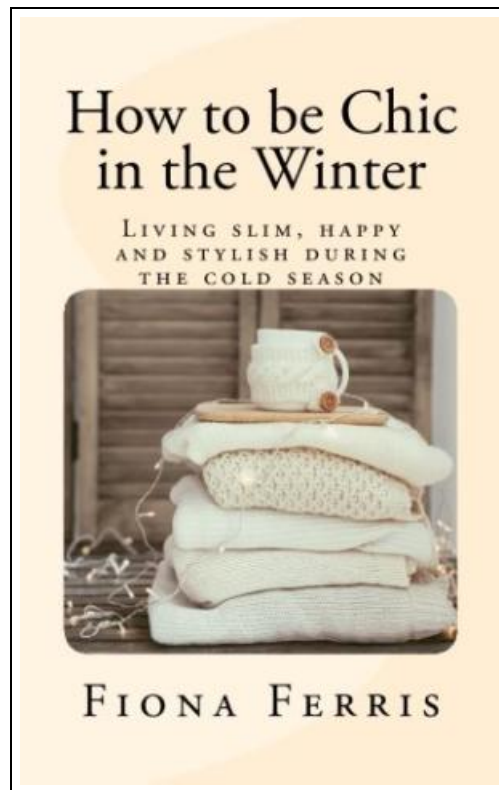


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HOW TO BE CHIC IN THE WINTER: LIVING SLIM, HAPPY AND STYLISH DURING THE COLD SEASON (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Late summer heading into early autumn/fall is a such beautiful time of the year. You can feel everything growing still and soft; nature is slowing down and people are getting cozy. The most stunning colours can be found outdoors at this time. Despite the natural beauty, despite your looking forward to the coziness of winter, you find that a few short months later yes, again, things have gone awry. You have ploughed headlong into winter without design or plan; you are wearing the same clothes as last year because you have not put thought into your wardrobe; you have put on weight from indiscriminate eating and you are complaining in your head, or worse, out loud that it s cold today . This was me! Many warm-blooded creatures hibernate when it is cold out and go with their natural instincts by doing so. They do not enter the spring season stressed out; rather, animals waking up from hibernation are coming to sleepily, well rested and ready for the warmer season; so, why don t we? We would not go to sleep for months on end, but perhaps we can take a leaf out of their book and make each winter a mental spa time of rejuvenation, beauty and pleasure. I decided to write this book as a kind of insurance, to remind me of my exciting winter plans. It is easy to be enthusiastic about the winter season when the leaves are turning. Fall fashions are always fun to look forward to, even for a non-fashionista like me - the September issue of Vogue! I can rekindle my love for the colours of plum, navy and camel at this time of...



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