



How To Look Good Naked: Expose Yourself To The Real You (Not so Lady Like Talk) (Volume 1)

Jennifer Kelchner, Courtney Frey

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We all want to present a certain image and the image varies depending on the situation and the group of people. What can we show them about ourselves without revealing too much? What will impress them? What can I make them believe about me? Let's be honest. It is why we wear spanx, push up bra's and uncomfortable [but pretty] shoes. We want the world around us to see what we want them to see. So we cram our mommy muffin tops into our shape wear feeling fit for a time until we peel ourselves back out of them. We put on our arm candy and baubles so when we pass our business card it adds that extra pop to our image. None of these things are bad, don't get us wrong, we just want to make the point. We hide behind tough expressions and shiny exteriors none of which shows the real us. We want to be known – to be known as or to be known for – providing the image for the world to see but never showing the naked us. The vulnerable spirit inside that is stripped down bare and beautiful just as it is.



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Phyllis Tucker:

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Suk Barry:

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