

# The Triumph of Individual Style: A Guide to Dressing Your Body, Your Beauty, Your Self

Carla Mason Mathis, Helen Villa Connor

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This book teaches the reader how to assess her body type and then choose clothing that looks good on her. The process involves what the authors call an individual's "design pattern." This pattern is made up of lines, shapes, proportions, body particulars, scale, colors, and textures. How they fit together in harmony and how an individual infuses them with her innate creativity is what authors call "style."

#### Features:

- 1. Principles of art as they apply to understanding and enhancing the female body
- 2.Art reproductions from museums such as The Metropolitan Museum of Art and Musee du Louvre, illustrating women's body forms and surface features
- 3. Hundreds of line drawings suggest contemporary wardrobe strategies
- 4.Two color wheels and pages of charts for skin, eye, and hair color.
- 5. Provides color swatches to create a color wheel



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