

# CHALLENGE: ASIAN BODY/SHAPE



an e-Book  
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# Introduction

I am an Image Consultant in Honolulu, Hawaii. I teach men and women how to look and feel better about themselves, how to gain confidence through their clothing choices and, thus, raise their self-esteem. Many of my clients are Asian women and have very specific body/shape issues they want to address when they consult with me. With this e-book I hope to fill that need and help others I can't reach in person.

It's important to note that I am not Asian but Caucasian. You may ask "What on earth would she have in common with Asian women? How could she relate to Asian body image issues"? My answer is that body/shape issues are not race based, they are universal. Correcting problem shapes through clothing camouflage is what I do; teaching others how is my goal.

You may have issues such as a small chest, an out of proportion torso, short legs, and even hair challenges. In this e-book you will learn how to deal successfully with these issues. You will learn about different body shapes and find out which one you are. Last but not least, you will learn how to put a successful look together to flatter your particular, and unique, body/shape.