



# Women Accentuate your Positives. Be Fabulous after Forty

*Dorothy Goudie*

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After about forty we women tend to find our body shapes mysteriously changing. In mid life we tend to get rounder, softer, heavier. Sometimes we don't change weight just our body shape. This makes the fit of our clothes a huge challenge. We stop and start a hundred times trying to break through this mental barrier of coping with this new body shape. We look in the mirror wanting to see our thirty something figure and instead we are confronted with this unfamiliar person. We just cannot understand how our body shape could change and look like this when we don't think we have done anything differently over the last ten years. We are eating the same food, maybe doing the same exercise and routines and still the change is happening. Perhaps there has been a change in lifestyle, or you have moved to a different location, even a different country and this has caused you confusion in adapting to the new lifestyle. The role models we previously relied on have vanished without trace. We look in fashion magazines, watch TV fashion shows and all the models look like anorexic teens or skinny twenty somethings. Nowhere are there women who look anything like our age group. As we browse through the malls and shopping centers there seem nobody designing for the real women of our age group. The styles seem to be all huggy little things with next to no sleeves, plunging necklines and hemlines that are anywhere except where we would be comfortable and age appropriate. It makes clothing shopping depressing, discouraging and a downright nightmare. It can really get us down.

Now it is true that some women look fabulous at sixty, seventy and eight and more. How do they do it? It is my belief that they simply take each age as something new and do not compare it with anything previous. Or if they do compare they look at themselves kindly with gentle eyes and with pleasure at what they are seeing looking back at them from the mirror.

The biggest secret that these women have is that they know what their body shape is, they have learnt what looks best on them and they stick to it. You don't have to be a fabulous film star or spend a fortune on your wardrobe, but you do have to know yourself, what is best for your lifestyle and what colours enhance your particular kind of beauty.

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