

## Self-Confidence Quiz

**Think about the following Questions . . .**

*Yes or No?*

Do you think only thin, wealthy celebrities can be sexy?

Can you see why men find you attractive?

Do you feel sexy outside of the bedroom?

When you walk into a party with mostly strangers, do you feel self-conscious?

*Short Answers . . .*

What do you think classifies a woman as sexy?

When have you felt the sexiest? Why didn't the feeling last?

What are your best physical attributes?

How would you describe yourself in five words?

*True or False?*

I am not rich or famous so no one will think I'm sexy.

If I try to act sexy, I will end up looking slutty and cheap.

Sexiness is only about physical appearances, not mindset or behavior.

Unless I lose a lot of weight, have painful plastic surgery or buy a complete new wardrobe, I won't be sexy.

### **The Answers**

Each of the questions above was posed to get you thinking about how you perceive sexiness, what you think sexiness entails and why you are looking to improve your own sexy self-confidence.

While there are no right or wrong answers, you will be impressed when you read this book and then take this quiz again, because your answers are sure to change.

How you see sexiness will change.

How others see you will change.

How you see yourself will change.

## **Hollywood Beauty Myths**

### Truths They Don't Want You to Know

#### **Myth #1: "You Are Not Perfect"**

**Truth!** Oh, yes you ARE! A recent media study reported that 88% of young women surveyed feel the need to "look perfect" and a startling 60% say their appearance is their biggest concern in life. Perfection is not possible, and Hollywood insiders will be the first to admit that even the most wealthy, young and thin models and celebrities are made more "perfect" in photos with air brushing, and in person with plastic surgery.

There is no such thing as "perfection". You can always improve your confidence, dress right for your body and accentuate your best features, though, which will in turn bring you closer to your own ideal of what "perfection" really is, whether or not Hollywood would agree.

#### **Myth #2: "You Will Never Be Good Enough"**

**Truth!** Think about this one... who/what are you trying to be "good enough" for? Is your goal to get approval somewhere outside yourself, or do you just want to feel that someone else desires to look like you, be like you or be with you? It is truly not a cliché when people say that you have to believe in yourself before others will believe in you.

The reality is that you are good enough RIGHT NOW. Repeat to yourself continually "I AM GOOD ENOUGH just the way I AM" and you will feel the power that is built from within. When you know you are worthy of great things, they will come to you.

#### **Myth #3: "You Can Only Be Beautiful if You Look Anorexic"**

**Truth!** No way, sister! The truth is that men love curvy women with some meat on their bones! The media wants to convince us that skinny, weak and child-sized women are the standard to which we should all be compared, but that is simply not a realistic image of what most men want.

Your age, weight, height and body shape are what make you unique. You are beautiful, curvy and sexy. Look in the mirror to see and feel YOUR beauty, and stop wishing you were a tiny waif with no muscles or curves! An eating disorder is just as the name implies: a disorder that should never be glamorized. In fact, the average weight of the models in most print ads weigh 23% less than the average woman; twenty years ago the difference was only 8%.

Thankfully, the recent news of Madrid's Fashion Week designers being applauded for putting weight restrictions on runway models who were TOO THIN is evidence that the image of frail, starving models with blank eyes is finally beginning to be looked at as impossible and unsafe. When your body is healthy and strong, YOU are healthy and strong.

## **Myth #4: “No Matter How Much You Weigh, You’re Still Too FAT!”**

**Truth!** Let’s stop the insanity... your scale cannot determine your happiness! According to a recent Prevention Magazine/NBC Survey, 60% of American women have dieted or are on a diet and 44% of women refuse to be photographed in a swimsuit. How is it that women have learned to hate their own bodies so much in our country?

There is no “right” or “wrong” size to be. Just be happy with the size you are, just the way you are- right now. The unattainable illusion of one perfect weight has been chased after long enough – now is the time to break the pattern of self-hate that Hollywood has encouraged.

Today is the day for you to make the change in your own mind and accept yourself in spite of what the scale says, or maybe even because of it. The truth is you are uniquely you, no matter what size you are.

## **Myth #5: “You Can Only Be Sexy if You Are a Rich Celebrity”**

**Truth!** Says who?! The wonderful truth is that money cannot buy sexiness and confidence; those are free! You do not need to be a movie star, musician or heiress to attract attention and turn heads wherever you go.

When you carry yourself like a star, others will notice and want to learn your secrets. There are no excuses about needing plastic surgery, millions of dollars, a professional makeover or a magician that can stand up to the truth: There are 101 ways you can be sexy today!

## What is "Sexy"?

Is a sexy woman one who is confident in her body, no matter what the size? Or, must she be thin, young and wealthy?

Does the sexy woman have to be wearing clothes from the cover of a fashion magazine, costing thousands of dollars? To be considered sexy, does she need to be tall, toned and perfectly tanned?

**The truth is, SEXY IS A STATE OF MIND.**

On the streets of New York City, I have passed women twice my weight with more confidence and sex appeal than many of us could ever muster up. Is their weight holding them back from projecting a sexy, self-confident air? No way!

Each of us can improve our self-image by making ourselves FEEL sexy, at any size. Looking, feeling and being a sexy woman is something each of us can accomplish... today.

**The definition of "sexy" is:**

1. Arousing or tending to arouse sexual desire or interest
2. Slang. Highly appealing or interesting; attractive

Please note that this definition does not mention money, weight or height. There are no steadfast rules to what makes a woman sexy... we just ARE.

Your curves are to be cherished, your freckles and moles should be admired... you are unique and beautiful. You are sexy. I want to help you believe that. I want to show you how to find that sexy woman inside. I want the world to know how sexy you are.

As a child, I was always a bit big. I felt different from other girls my age, but my parents always told me I was beautiful just the way I was.

As I was exposed to more and more of Hollywood's ideals of beauty and sexiness, I began to doubt my own self-worth as a teenager. I did not look like the girls on television or in magazines and I certainly did not feel confident with my body.

I often received comments like, "You have such a pretty face, Nancy... if only you could lose that weight." Although I guess these people were trying to pay me a compliment, their words stung my soul. Why would my parents try to convince me of something that wasn't true?

I made it through high school and graduated from college early with an honors degree, always confident in my school-smarts, but never in my own skin. I felt "less-than" women the media said were sexy and I constantly compared myself to those images in magazines of stick-thin women. Of course, at 20 years old, 5'6" and 200 pounds, I always came up short (and fat).

In all honesty, I kind of "fell into" the plus-sized modeling industry on accident, after many more years of being told that I was very photogenic.

I eventually had a photo shoot with a semi-professional photographer and found that I actually enjoyed being in front of the camera.

The tips I taught myself to tap into my inner sexiness were simple, but when combined, they had a tremendous affect on my confidence and self-esteem. When I practiced thinking of myself as sexy and working every day to portray the sexier version of myself, things just fell into place in my life.

As a successful plus-size model for many years, I have learned many tricks. In a picture, your confidence is key.

The photo does not lie, and if there is something bothering you (a body part that you are self-conscious about showing, you feel bloated and your skin is not clear, or your hair looks like you just got out of bed... when you spent two hours in front of the mirror... it all comes out in a picture!).

When I have felt less-than sexy at a shoot, the best photographers have found ways to brighten my smile, open my eyes and boost my confidence.

When my Web site began to grow in popularity, I was shocked that nearly as many women as men were visiting my page!

When a "Contact Nancy" link went up, my suspicions were proven to be true: the women on my site were fellow plus-sized ladies, looking for fashion tips, sexy makeup ideas and other confidence-boosting input from a professional plus-size model. My email inbox was suddenly flooded with queries from curious young women who wanted to look their best NOW, and weren't sure where to start.

These women were emailing me because they saw my confidence in the photos. They wanted to feel sexy, too.

As I personally replied to hundreds of email messages, it became clear to me that there is no place for plus-size women to find fashion industry insider information.

The media tends to promote sexiness in our culture as a very limited selection of the public. In magazines, television and movies, sexy is tall, thin, toned and tan. Those of us who are over the ideal image in any way: very tall or short, dark- or pale-skinned and especially full figured are out of the running. Right? Wrong!

Ask most men on the street to tell you what sexy is: they will list things like "confident" or a "curvy woman."

### **What happened to the super model ideal?**

Well, sexy comes in many shapes, sizes, colors and personalities! Trying to identify "sexy" with an image of a particular celebrity may be easy to us all, but explaining what MAKES those women sexy is another challenge all together.

The ideal of beauty has evolved over time, from Rubenesque "round" bodies being the epitome of a healthy, wealthy and sexual woman to the emaciated catwalk models of the '90s who looked like a meal would do them some good...

the public is swayed by societal standards of what constitutes sexiness. The American ideal of beauty has especially seen many phases of development over this century as television, movies and the internet smother us with computer-altered pictures of stars looking their best.

Some men are attracted to women with big breasts, long legs and slim bodies. Others are drawn to the complete opposite. And neither is wrong. We are all sexy.

One thing I have learned from years of asking the tough question of what makes a woman sexy:

**"Sexy is a State of Mind."**

There have recently been many stories in the international news about runway models in Madrid, Spain, being banned from the catwalk due to their unhealthy low body fat percentages.

Former super model Tyra Banks has even proudly identified herself as weighing 161 pounds (at 5'10") and still feeling sexy.

These small steps seem to be making some headway in the minds of the public that the skin-and-bones look is not attractive or desirable.

Unfortunately, for those two bits of media coverage heading the direction of plus-size women feeling more comfortable with their bodies, there are hundreds more stories that glamorize celebrities such as Nicole Richie and the Olsen twins weighing less than ninety pounds each.

When asked to name positive female role models who are also plus-size women, the model Emme, Oprah Winfrey (who has openly struggled with her weight and self-confidence over the years on her talk show) and Queen Latifah may come to mind.

They have helped to change the perception of plus-size women in a positive way.

It's my mission to also change the image of plus-size women from the inside out, beginning with ourselves. When we know we are worthy of that description, we will live the reality that we have so long been denied.

You can look and feel like a celebrity, too.

My goal here is to share my own personal ideas and secrets.

In this book, I want to whisper in your ear. I want to suggest ways to lift your chin, walk with esteem and share your confidence and innate sexiness with the world.

**Each of us is sexy and unique...**

It's time for you to show the world what a sexy woman you are!

**The Sexy Secrets**  
*Body*

## **Cut and Color Your Lovely Locks**

Most women will agree that their hair is a major component of their self-image. Without our hair, most women would feel naked. Why, then, do we often wait months to get a trim or take the cheap route by dyeing our own hair?

Salons are popular for a reason; they wash, color, highlight, cut, blow dry and style your hair into something from a magazine. When you find a great stylist that you trust, stick by her.

I have tried to save money by going to a cheapie "Super-Fantastic-Sam-Cuts" type of a place, and wished I hadn't. Some things are worth paying more for, girls, and your hair is one of them. A cut and color that make you feel pretty will brighten your day and passing a mirror will become a moment to admire, not wince, at your own reflection.

**Action Tip!** Ask around for a good stylist. If you see someone in the mall with a great cut and highlights, ask where they got it done! The best advertisement is a personal reference!

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## **Work Those Jeans, Girl!**

Find jeans that fit you well. This is a time when paying top dollar is NOT a must. Old Navy, Gap and Express all have jeans of different lengths (short, regular and long lengths will keep you from having to visit a tailor, roll up your jeans or wear high waters!), varying shades of denim (darker will look more slimming, as well as more dressy if you are wearing jeans out at night) and a variety of cuts to flatter your body, no matter what the size.

I personally look best in low-waisted (not ULTRA low cut!), boot cut jeans in a dark denim wash. Even as a model, I know my own body is not perfect, but the key is to play up your best features and "disguise" the ones you do not love.

**Action Tip!** Do not settle on a pair of jeans without trying them on first. All stores and all fits vary, including different fabrics that come in the same fit (stretch jeans, for example, can often be bought in a size smaller than you usually wear). If you have to take twenty pairs into the dressing room, so be it! You will absolutely not regret that time spent when you find some jeans that make you feel like a star!

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## **The Magic of Sexy Black Heels**

Again, this is something seemingly simple that can change your self-image in a matter of minutes. I personally love the way my legs look in a skirt just a few inches above the knee with black, sturdy (not stiletto!) heels. I have thick upper legs, but my calves are one of my best physical attributes.

My calves look toned, while my thighs are very large. Because I can admit that my thighs are not a favorite body part to show off, I wear skirts and dresses that cover them completely and invest in quality high heels that accentuate my lower legs.

By staying away from skinny stick-like heels, I avoid making my calves look huge in comparison to the shoe heel. Also, I am sure we have all seen larger women in very skinny heels who look like the shoe will snap under her weight at any moment. Don't be that woman!

When shopping for shoes, I always look for a simple, "chunky" (sturdy) heel, between two and four inches in height. I always keep away from ankle straps (they give the image of "cutting the line" that the heel is creating and therefore make your leg look larger).

Wedge heels also look great and are easy to walk in. A good quality pair of black heels can go with business suits, skirts, dresses and even jeans! The added height and improved shape of your calves in heels will make you walk with a sexy switch, no matter what else you are wearing.

**Action Tip!** Don't be cheap if you are going to be on your feet for a long time in the heels... your lower back and feet deserve the best that you can afford!

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## Leave a Sexy Scent Behind

Another great idea is to wear perfume EVERY day. If for no other reason, wear a few dabs of perfume to remind yourself of your sexiness. We women tend to "slack off" sometimes when we are busy and spritzing some perfume on your pulse points (inside of wrists, nape of neck) is a quick, easy fix to falling in that rut.

When others catch a hint of your lightly sprayed scent, they want more. Look for a light, clean smell that will intrigue rather than offend the noses of the people around you. The key is subtle. The result is priceless.

**Action Tip!** Do not test more than one perfume at a time, as they need time to adjust to your body's chemical makeup and temperature. If you spray several scents at once, they will not retain their true signature and you may end up buying a perfume you did not really like in the first place.

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## Pretty Feet are Pretty Sexy



Go ahead, get a pedicure! Pretty feet are unparalleled on the sexy scale. I won't even begin to describe some of the mangled, dry, crusty, ashy and flaky feet I have seen on other models in the industry!

It is such a small detail, but your feet can be very representative of your overall health, cleanliness and sense of style. Short, groomed nails with clean cuticles and soft heels are a MUST.

If you paint your toenails, keep them painted cleanly and remove the polish entirely if it starts to chip and you do not have time to repaint them. It is a splurge to get a professional pedicure, but the service is really relaxing and often includes a leg massage.

When I get a pedicure in the summer, it usually last two to three weeks and I am more confident with my feet being "in the spotlight" while I wear sandals and open-toed heels.

**Action Tip!** Buy a good pumice stone, shiny clear coat and sexy red or pink polish for your toes and give yourself a pedicure at home!

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## **Show 'Em Your Pearly Whites**

Having a bright smile is a sure way to boost your own confidence and smile more. I have used (and liked!) Crest White Strips. For about thirty dollars, this two-week treatment can be purchased at most drug stores and makes a real difference in the shade of your teeth.

If you smoke or drink a lot of coffee or tea, you may want to consider a more drastic (and costly) method like Brite Smile.

Most models and celebrities have this sort of in-office procedure done once a year or so, with great results. For around four hundred dollars, Brite Smile only takes an hour and has a guarantee of lightening your teeth color at least a few shades.

When your teeth look clean and white, you will smile more, and thus feel more confident and sexy.

**Action Tip!** Look into an at-home teeth whitening product first, and if you are still not happy, consult your dentist or a whitening specialist in your area.

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## **Put Your Best Bra Forward**

A good bra is a good investment. Many of us think we have "problems" with our breasts: they are too small, too saggy, too large, too pointy, are covered in stretch marks, look uneven or "deflated" from having a baby or losing weight. The funny thing is that we have all also heard from men that our breasts are beautiful.

Again, we are often our own toughest critics. When the women in magazines and on television have seemingly perfectly shaped breasts, our own may look less-than in comparison. No matter what "flaw" you may think your cleavage has, a proper fitting, high quality bra can likely lessen your anxiety. So many women buy a few sexy bras and save them for a "rainy day." I say: who needs rain?

If putting on that lovely lacy bra improves your self image and boosts both your cleavage and your confidence, what are you waiting for? If you are unsure where to begin to find the right bra for your beautiful breasts, ask! All of the major department stores and lingerie shops have trained professionals who can measure you (75% of women wear a bra that is the wrong size!) and advise you as to what style and features you should be wearing.

If you think you need padding, different straps or more support, let them know! I can personally guarantee that getting a comfortable-fitting, flattering bra can make a

world of difference in your own sexy self confidence as well as the way your clothes fit. A flattering, quality bra can make you look more thin and young... how can you go wrong?

**Action Tip!** If you are looking for cleavage-enhancing bras without the big price tag of a boutique, check out the "Extreme Cleavage" bra at Frederick's of Hollywood, or their popular Water Bra. I wear both regularly and enjoy the look of an extra cup size without having to endure surgery!

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