



The Stressed
Woman's Guide
to ...



Debora M. Coty



Fashion

**The Stressed Woman's Ultimate Guide to
Fashion**

OR

Near-Facts of Science that Rock Your Universe

Debora M Coty

Popular Speaker, Humorist and Award-winning author of numerous inspirational women's books, including the best-selling

Too Blessed to be Stressed

series

The Body Bridge Effect

If you have a decent cleavage, wear awesome footwear. Then spectator eyes will hop directly from your top to your feet and they'll never notice your hips in-between.

Friendly Lid Theorem

People who wear hats make more friends. No kiddin'.

Men have known this conversation-starting secret for years – wear a logo baseball cap and every other man you encounter will comment about your team (good or bad).

The concept works for women too, only with adorable headwear. It's true.

Skeptical? Try an experiment: Wear a kicky hat to the mall and you'll be amazed at how many people smile at you. I do it all the time; I haven't decided whether it's because I look ridiculous or because they think anyone goofy enough to wear a hat like mine *must* be a barrel of fun.

Either way, it's a proven ice-breaker.

Pony Express Precept

After age fifty, your Bobbing Twins (boobs), who've hung around faithfully for decades, suddenly decide to take an extended vacation to the south of pants. And I'm not just talking high waters here.

If your little ponies weren't harnessed and corralled, you'd trip over them.

Earring Paradox

A distant relative of Murphy's Law; when shopping for a specific style or color of pierced earrings, the only cute earrings you can find are clip-ons. Works in reverse too.

Magical Morphism

Activated by the exchange of funds, this principle states that by the time you get home, newly purchased lipstick magically morphs four shades lighter than it was in the store.

This is, of course, marketably intentional. You can no more return it than you could a used toothbrush.

The OOPS Phenomenon

OOPS: Obstinate Orca Propagation Site. You know – those humpback whales growing on the outside of your upper thighs where they attach to your hips.

Suddenly one morning you wake up and OOPS, there they are, beached orcas, refusing to return to the open sea. Feed them M&Ms rather than plankton.

My obstinate orcas are named Shamu and Shazam. It's good to be on a first-name basis with your appendages if you're going to do life together.

The Fashionista Creed

If you can't fix it, decorate it.

I developed this exterior decorating principle after stumbling over a mailbox in my neighborhood that had been uprooted by a wayward car. An eyesore, it lay there on the ground for weeks. Seemingly hopeless. Unfixable.

Then one crisp fall day I discovered that some creative soul had bedecked the wrecked mailbox with colorful fall leaves and perky sunflowers. What was ugly became lovely!

When you, too, adopt this fashion motto, you'll realize it's okay to accessorize with funky hats, bright colors, and crazy jewelry. The wilder, the better! Shiny is delightful. Chunkage is totally acceptable. What works for broken-down mailboxes works even better for broken-down bodies.

Repeat after me: If you can't fix it, decorate it!

Volume Relativity (VR)

The maddening phenomenon that occurs over the summer when your jeans inexplicably shrink two sizes in your dresser drawer.

Books featuring the offbeat blend of humor and hope of **Debora M. Coty**:

Too Blessed to be Stressed

More Beauty, Less Beast

Fear, Faith, and a Fistful of Chocolate

Too Loved to be Lost

Mom NEEDS Chocolate

Too Blessed to be Stressed Cookbook

Too Blessed to be Stressed: 3-Minute Devotions for Women

Too Blessed to be Stressed Journal

Too Blessed to be Stressed Coloring Book for Women

Too Blessed to be Stressed 5-Year Keepsake Journal

*Too Blessed to be Stressed: Inspiration for Every Day
(365-day Devotional)*

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To book Debora to share her unique brand of biblical truth gift-wrapped in humor with your ladies group, visit Deb's speaker's page at www.DeboraCoty.com