

# An overview: how to discover Your Body's Design Pattern

In every chapter just 3 simple steps.

**1 From art...**  
In each chapter a different element of art is introduced to...

**2 to body...**  
help you discover your Body's Design Pattern which leads you to a new level of **self-acceptance**.

**3 to clothes**  
Then you learn about how to choose clothes that are in harmony with Your Body's Design Pattern which develops **selectivity**.

CHAPTER 1 <b>Line</b>	Your body type as defined by the contour lines of your body  Line pattern in your face in terms of line movement and direction and of space	Best structural designs for your body type ☞ Best fabric choices and uses to achieve those structural design(s)  Best use of line in your styling details ☞ Your best patterns and prints
CHAPTER 2 <b>Shape</b>	Your body's basic shape and width proportions	Your natural silhouette(s) in clothing, and how to change it for an alternate one(s)
CHAPTER 3 <b>Proportion</b>	Your body's length proportions and upper body balance points	How to combine tops and bottoms for your proportions ☞ How to wear any skirt length and jacket length you wish ☞ How to wear all neckline and collar styles
CHAPTER 4 <b>Body Particulars</b>	Your Body Particulars—your special features from head-to-toe that give your body character	How to use certain clothing techniques to highlight or camouflage your body particulars using line and space, shape, or proportion
CHAPTER 5 <b>Scale</b>	The scale pattern found in your body and face	How to select construction and styling details, jewelry and other ornamentation that are in harmony with your body's scale pattern ☞ How to upscale for drama
CHAPTER 6 <b>Color</b>	Your body's natural coloration as seen in your skin, hair, and eyes	How to select and use colors in harmony with your natural coloring ☞ How to use color to enhance your innate intensity ☞ How to use colors for different psychological effects
CHAPTER 7 <b>Texture</b>	Your body's textural qualities as seen in your skin and hair	How to select clothing textures that interact with your body's textural pattern (surface quality and textural weight)
CHAPTER 8 <b>Your innate creativity</b>	Your body's beauty as seen through self-acceptance, and a sense of wonder and creative freedom	How to express your individuality through dress ☞ How to be creative with your Design Pattern and set your own standard of beauty