

Reveal Yourself

Your wardrobe can change your life.

September 2017



Synopsis:

This book is not simply about image recommendations. It is a guide to discover the incredible power of clothes: what they show, and more frequently, what they hide (unconsciously) of your personality.

Reveal yourself at last thanks to the unique method created by Flora Douville « Metamorphosis ». It will help you identify the colours, materials and shapes that suit you, visually and energetically.

To be true to yourself thanks to your clothes will really change your life by bringing you self-confidence, resolution, balance, serenity, well-being, etc.

You will never see fashion the same way anymore!

Content:

- Our relation to clothes is based on mistakes.
- Your body tells who you are.
- You, your body and your clothes: the winning trio.
- The world is only waiting for you .

The Author:

Flora Douville is an artist and an author. She created a unique and revolutionary process in the world of personal growth: la Métamorphose®. Thanks to a weekly newsletter and online meetings, Flora now has a community composed of thousands of women that agree to her vision. She shares her life between France and the United-States.

■ Specs:

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Reveal Yourself - Table of Content:

TESTIMONIES

INTRODUCTION

POST-INTRODUCTION

Your relation to clothing is based on mistakes

- I discovered that we could not wear everything.
- The stories you tell yourself.
- Your ego squats your wardrobe deviously.
- Fashion and trends are not for made for you.
- What you feel is a reality.
- Image coaching poses a huge problem.
- Each piece of clothing has an energy.

Your body tells who you are like an open book

- Your body already tells who you are.
- The body speaks several languages, including the “physical” one.
- A method exists to understand this language.
- Like everything in nature, your body is made of the 4 elements.
- Your body is a subtle mix of air, water, earth and fire.
- It is for life.
- Each of your psychological facets can be seen!

You, your body and your clothing: the winning trio

- The inability to match: the 3 plans « your, your body + clothing » that derails.
- The colour of the piece of clothing.
 - The radiation test.
 - Radiations in photos.
- Your skin and its light radiation speaks about the original motivation of your actions.
- The Sun and the Moon.
- The colours of clothes that support you in your actions.
- The material used for your clothing.
 - The four families of materials.
 - The move test.
 - Moves and images.
 - Your moves speak of your emotional functioning.
 - The materials that support you in your rhythm.

- The shape of your clothing.
 - The three structures.
 - The structure test.
 - Structures in photos.
- Your physical architect speaks of the way you see the world, and your way to get in touch.
- The shapes of clothing that help you to take your place.
- Radiation, move and structure.
- The energy of the piece of clothing and yours have to be compatible.
 - You cannot be categorized.
 - You already are a work of art.
 - Listen to your body and you will hear that he rejects all the rest.
- You are much more than what crosses over you.

The world is only waiting for you

- You are more than what you are.
- Everything is in the eye.
- To be one’s self is to chose the truth.
- You and the “old” world.
- To please yourself, you have to displease.
- Beauty and minimalism are inseparable.
- You do not have to suffer to be beautiful. Even the opposite.
- Love yourself and love the others: it is possible. You can learn how to do.
- Poem.

Appendix

- The characteristics of the four elements.
- The colour charts.
- Thanks.
- Bonus.