

# [PDF] The Triumph Of Individual Style: A Guide To Dressing Your Body, Your Beauty, Your Self

**Carla Mason Mathis, Helen Villa Connor - pdf download free book**

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**Books Details:**

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**Description:**

**From the Author** From co-author Carla Mathis:

Dear readers,

I would like to personally invite you to visit BodyBeautiful.net to find additional resources related to

the principles covered in "The Triumph of Individual Style." You can also learn about our Personal Stylist services around the world, career opportunities as a Personal Stylist, and the Body Beautiful Institute Training schedule.

Best wishes,  
Carla Mathis

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From co-author Helen Villa Connor:

Because of my desire to continually provide new and exciting information, my website is still under construction. If anyone has questions about the book, my personal design services, and/or speaking and teaching availability, please email messages to me at: [HVCConnor@astreet.com](mailto:HVCConnor@astreet.com)

Thank you!

Helen Villa Connor- coauthor and creator of The Body's Design Pattern paradigm

**About the Author** Co-author Carla Mathis launched her consultancy and training institute in 1981, after working for years in San Francisco with Suzanne Caygill, the founder of the Personal Color movement. She co-authored "The Triumph of Individual Style" in 1994, and became an internationally renown authority on color, image and the psychology of style. Used as a textbook at leading design schools throughout the country, "Triumph" founded and articulated the science and language that Image Consultants use throughout the world today. Carla is one of only 8 Color Image Masters (CIM) worldwide, accredited by the Association of Image Consultants International (AICI).

By pioneering and teaching the use of design as a powerful therapeutic tool over the last 30 years, Carla has helped thousands of women and men worldwide learn to appreciate their bodies, achieve new levels of self-acceptance and look great doing it!

In addition to her ongoing speaking and teaching engagements around the world, Carla has pioneered the use of her innovative Body Signature analysis in environmental and interior design, creating personal spaces and interiors that reflect their owners identity, while supporting an increased sense of well-being.

Carla is based in Venice Beach California, where she trains students at the Body Beautiful Institute. To learn more about what Carla is doing now, her speaking schedule, Personal Stylist services around the world, career opportunities as a Personal Stylist, and the Body Beautiful Institute training program, visit [BodyBeautiful.net](http://BodyBeautiful.net).

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Co-author Helen Villa Connor is the information designer, writer and creative force of "The Triumph of Individual Style." A developer of educational materials since the 1970's, Helen Originated the Body's Design Pattern paradigm, the foundation of this landmark book, in the 1980's. With it, she brought sweeping changes to the knowledge base on color, style, beauty and personal image. Her scholarship ad artist's vision further led to timeless concepts including her breakthrough theory on proportion, her unique discussion on creativity and style, and her treatment of color usage and terminology which prompted one book critic to write, "This chapter alone is worth the price of the book." An authority on individual style, Helen has been a keynote and popular speaker for the

American Sewing Guild, Penn State's "Women's Day", the University of California at San Francisco's Women Leaders Symposium, and Authors and Critics on PBS. She has received design awards for innovation and excellence including the Association of Image Consultants International's IMMIE (Image Makers Merit of Industry Excellence) for Education. Helen is currently writing a second book inspired by her past college lectures and published articles including See your Beauty and Change Your World. You may e-mail Helen at [HVCConnor@astreet.com](mailto:HVCConnor@astreet.com).

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