



**Copia June 2009 Newsletter**  
*... Irresistibly Feminine ...*

## Irresistible content

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## Irresistible Book Recommendation

### [Do I look fat in this?](#)

It's a nagging question that almost every woman asks herself-regardless of her size. We hate the shape of our bodies. We worry about cellulite. Sagging. Sex. As a life coach on the daytime reality show *Starting Over*, Britten has helped countless women befriend their bodies-first by facing and accepting what they see in the mirror, and then by empowering them to make healthier decisions about their weight.

## Irresistible Movie Recommendation

### [Real Women Have Curves](#)

This comedic drama takes a familiar subject--a bright teenager struggling to define her identity--and turns it into an authentic celebration of feminine empowerment. Eighteen-year-old Ana (Ferrera) has scholarship potential, her first boyfriend, and a chubby figure that her similarly overweight mother won't stop harping about. Mom insists that Ana work in her sister's dressmaking sweatshop, continuing a family

## Irresistible Home Events!

Imagine getting your own personal coach for a night.. Imagine having your own event for you and your girlfriends custom-made for your personal needs.. This is *Irresistible Home Events!*

Copia has launched Irresistible Home Events! so you can connect with your friends, have fun and learn/grow all in the same evening. We designed this format for those of you who are too busy to spend quality time with those all-important girlfriends! And if you have kids at home, you can still kiss them good-night..

Copia will design a 3-hour seminar for your specific requirements, and as there are no venue costs or catering costs, this comes at the bargain price of HK\$500 per person! (min 5 pax)

**Call us to secure a date: +852 6103 0809**

Finally, a **recent UCLA study** showed that hanging out with our girlfriends can actually counteract the kind of stomach-quivering stress most of us experience on a daily basis. Email us at [info@co-pia.com](mailto:info@co-pia.com) for a copy of this study!

## Message from Pia: *Real Women Have Curves*



As I was sitting at a European airport preparing to return to Hong Kong after almost 6 months, when a newspaper article caught my eye. The article was about how fashion photography is predominantly manipulated by programs such as photoshop to make teeth whiter, legs longer or slimmer and blemishes disappear.

I have felt for a long time that we have been fed very unrealistic ideals through the media; not to mention the pressure women are put under to reach these impossible ideals.. But as retouching has become more blatant and bizarre, a debate over photo manipulation has spilled into public view, with one of the world's most famous image makers, photographer Peter Lindbergh leading the charge against the practice. And part of the discussion is if magazines should be required by law to include a disclaimer if it's photographs have been altered.

Last month, Lindbergh stirred the fashion world by creating a series of covers for [French Elle](#) that showed stars like Monica Bellucci, Eva Herzigova and Sophie Marceau without makeup or retouching; creating portraits of women that are achievable by real women...

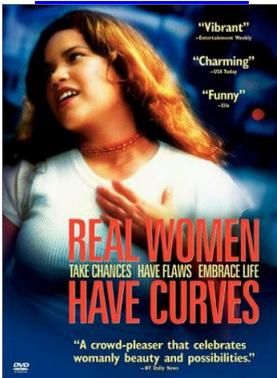
Many of us like to dress up and wear make-up, there is no doubt about that! I don't think Lindbergh suggests we remove these. But lets keep it real! Adult women who should know better (me included sometimes!) now and again forget that the images we see all around us are not real. But the bigger issue I think are the young women and girls growing up now who actually think these images are what they need to aspire to...

You can read the full article, '[Smile and say no photoshop!](#)' from the New York Times here!

On a more positive note, there are many in the public eye that are committed to keeping it real. In 2004, Dove launched The Dove Campaign for Real Beauty, a worldwide marketing campaign that included amongst

tradition that can only break her spirit. She must try to balance her mother's traditional view of women with her own contemporary ideas while dealing with self-image issues.

[Watch the trailer](#)



other things advertisements, video, workshops to celebrate the natural physical variation embodied by all women and inspire them to have the self esteem to be comfortable with themselves. As part of the campaign, Dove started the Dove Self-Esteem Fund in 2006 to help change the Western concept of beauty from ultra-thin models with perfect features; making every girl and woman feel positive about her looks, no matter what they are. In an effort to promote the Fund, Dove ordered a series of highly-successful online-based short films promoting the self-esteem concept, including the film [Evolution](#), showing the reality of how much photos are being manipulated. The film went on to win a number of honours, including two Cannes Lions Grand Prix awards!

On a final note, if you are into the idea of "feel-good-factor" where your body is concerned, check out the loveable stylist from Channel 4's 'How to Look Good Naked', Gok Wan. His mission is to boost women's confidence and help you to love what you've got without resorting to drastic dieting or cosmetic surgery. Here is a [clip](#)!

Enjoy feeling good this June!

love, Pia

*Taking joy in living is a woman's best cosmetic. -Rosalind Russell*

## Feeling Irresistible!

How you feel about your body and about yourself comes down down to your attitude. For many of us, work takes over a big part of our day, often sitting at a desk, plugging away at the computer. This is not going to support you feeling great, certainly not feeling irresistible!

So if you want to feel great on a regular basis, or at least change how you are feeling if you are not in a good



state, one vital step to take is to move your body! By altering your body's physiology, you can achieve an immediate change of your emotional state. The mind will follow whatever state your physical body is in and not vice-versa.

Are you slouching, stopping your breathing and basically looking like a wilted flower? Not recommended. Going from a sluggish feeling of inactivity, restlessness, boredom, fatigue or even stress is easy, make it a habit to move.

So what are some things you can, you may ask? Well, start out with something simple: get up from your desk, and put your shoulders back so you can BREATHE. Smile. Breathe some more. Shake your body out. Bounce a bit if you're feelin' it. Ahhhh...(And a commitment to yourself not to make it a habit to sit longer than an hour at a time) And even whilst sitting, roll your shoulders and neck, even move your feet in circles to stimulate more circulation around the body.

Now, when you are out of the office, what makes your body feel good? Walking, running, yoga or maybe even dancing? Pick any activity that you

already knows have the benefit of making your feel awesome. Then simply go and do it! And based on the UCLA research mentioned above, enroll your girlfriends to come with you. Making it all the more fun!

## Enjoy Starting that Irresistible Feelin'!

### Fabulous Body Survey 2008 - The Results

Fabulous Magazine in the UK conducted a [national survey](#) where they asked men and women to describe their ideal body size. The differences were quite dramatic between the two genders with men leaning toward a more voluptuous body shape and women wanting a more stick-like figure. The image below pretty much sums it all up.



I am very excited to be offering you the Irresistible Home Events! With these custom-made events, we are committed to creating spaces to facilitate new experiences for you to feel more connected and authentic in your female relationships. These evenings will be especially designed for YOU, providing a deeper experience for you to understanding for yourself and other women with whom you are close with. (or wish to be closer with)

On the other hand, if you prefer to work in a one-on-one coaching relationship, you now have the opportunity to get clear about your life, where you are heading and/or resolving a conflict that may be in your way of living the life that you dream of. It is all available to you with Copia Coaching!

In the meantime, for a quick reminder of things you can do for yourself, read my article *The Embodiment of the Urban Goddess* [here!](#)

sincerely and irresistibly yours...

Pia Muggerud  
Copia Coaching  
[www.co-pia.com](http://www.co-pia.com)

## IRRESISTIBLE QUOTE:

*You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your soul's own doing. ~ Marie Stopes*