

Beauty And Strength: The Power Of Being A Lady

(NAPSA)—As the role of being a lady evolves over the years, it requires constant redefinition. A new book is determined to show that being a lady is always modern, timeless and positive, and that with every new generation there are new lady icons. Indeed, some contemporary ones might surprise you: Gwyneth Paltrow, Oprah Winfrey and Laura Bush make today's grade.

In their book *The Art and Power of Being a Lady*, authors Noelle Cleary and Dini von Mueffling discuss issues of self-confidence, inner beauty, strength and grace that are the cornerstones of one's "ladyhood."

"A lady is extraordinary because she is many things," says von Mueffling. "She is someone who stands strong in the face of adversity, such as Jacqueline Kennedy or Oprah. She is an icon, a doer and someone who others look to for inspiration. She is a true blue friend. She is a stylish, confident woman."

Following are some tips the authors offer on boosting confidence and living as a lady:

- **Laugh often, especially at yourself.** A lady knows life is too short not to have fun or a sense of humor about herself. She knows her company will always be desired because of her good sense of humor.

- **Exercise and stay fit.** Good for the mind, body and soul, a lady knows the power of exercise. Even a 20-minute walk clears the head and allows for introspection in the face of a busy life. For those who need help getting out the door (or to the gym), one trick is to invest in a new MP3 player, which allows users to upload their favorite music from the computer and even change musical selections to fit different moods.

- **Create a wardrobe of classic staples.** A lady never has a fashion crisis because her closet is filled with items that look great paired with numerous different items. One such staple: the classic white button-down shirt. Made popular by Audrey Hepburn, the white shirt looks great with everything from jeans to a suit to a long skirt for evening. A lady knows the power a simple and comfortable classic will give her: confidence.



A beautiful, white smile is one of the easiest ways for a woman to assert herself.

- **Show off a beautiful smile.** Nothing exudes ladylike confidence like a beautiful, white smile (especially while saying "thank you" and "please"). Unfortunately, some favorite indulgences—such as tea, coffee and red wine—take their toll on teeth, leaving a less-than-white smile. Try Crest Whitestrips, at around \$40 per box, for a whiter and brighter smile. Wear the clear, flexible strips coated with a whitening gel (hydrogen peroxide) for 30 minutes, twice a day, and whiten smiles during everyday activities such as showering, talking on the phone, or even while taking those walks.

- **Do good for others.** Ladies get involved. Whether it's in a small way at home or in her community, or something as major as joining the Peace Corps or starting a charity, a lady knows that she feels good when she is doing good for others. Her concern and consideration are her most important traits and are what make her so attractive.

There are many ways for a lady to let her inner beauty shine through for the rest of the world to see, but confidence is a key starting point. As written in *The Art and Power of Being a Lady*, "There is nothing so becoming as a woman with grace and a confident smile. It is your best accessory."