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UdefineU
www.udefineu.com

by **Rebecca Aubut**

Are you known as the shy one? Do you get nervous and insecure in large crowds? Ever look at other women and admire their sense of style and wished you knew how to create such an accomplished look for yourself? You know in your heart there's a confident woman dying to come out, but not sure where to begin to change?

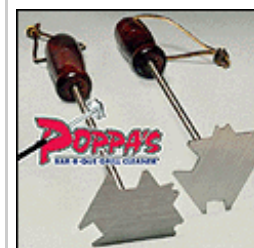


Then the **UdefineU** program is your answer! **UdefineU** was founded to provide self-improvement products and services to help women become more graceful, elegant, and self-confident. It will give you the tools to succeed with confidence, poise, dignity, and style. It will redefine your presence in the world. Let the **UdefineU** program begin the change in your life.

Lourdes Figueroa founded UdefineU after embarking on her own personal journey. A successful business woman working for Fortune 500 companies in various sales and sales management positions for most of her career, she had always struggle with her weight. Finally, in 2001, Lourdes took control and started a weight loss and fitness program; going from a size 20 to a size 8 in three years. Though she was a thinner version of her old self, she felt something was still missing.

Lourdes had always been fascinated with celebrity transformations and knew that the celebrities had been ordinary women who had been made to look extraordinary after a great deal of focus was placed on molding them. Lourdes saw that many of these women shared traits that served as role models for their style, grace, and elegance. After researching different services, Lourdes found, to her dismay, that there weren't any all-inclusive services available that addressed everything she was eager to learn, plus at a price she could afford. She could have hired separate experts, but the costs could have gone as high as \$10,000. Less expensive options were books and magazines, but none were comprehensive enough to cover all topics.

This led Lourdes to create her own complete program to help all women. The **UdefineU** program called "**Foundations of Grace and Elegance**" consists of a four-topic VHS/DVD videos series with accompanying reference materials. Lourdes has assembled a team of specialists, top fashion, and style consultants to share the essential elements of posture, poise, voice and speech, etiquette and style; all to help women to look and feel their best. Why spend thousands of dollars when you could have access to the same experts



for a fraction of the cost?

The **UdefineU Foundations of Grace and Elegance** video series is the ultimate self-improvement program that will help you transform your physical presentation to the world. Each video is uniquely designed to concentrate on the basic elements a woman needs to reach her fullest potential.

Posture and Poise You will learn secrets and tips to help you project a graceful, more confident image, and the knowledge on how to carry yourself properly at every moment.

Voice and Speech Teaching you to make the most of your natural voice. The intent is not to change your voice or accent, but through the use of vocal exercises and speech delivery tips, how to inflect your voice and use proper diction to fully express yourself.

Etiquette Nothing says more about a woman's grace and elegance than when her manners are on display, both socially and at the dining table. You will become fully versed in the details of formal dining and presence.

Fundamentals of Style An elegant look about how stylish women make it look so easy by learning the fundamental rules of fashion. Learn the six basic pieces every woman should have, how they should look, feel, and fit to best complement your body.

The **UdefineU** program also comes with a **UdefineU Reference Guide** to be used in conjunction with the videos. It is a quick, easy to follow booklet to reinforce all the lessons learned in the four videos. The **UdefineU Style Cards** cover the fundamental rules of fashion. Small enough to fit in your purse, let it be your companion shopping guide to finding the six basic pieces every woman should have in her closet. Place the **UdefineU Style Guide** on your mirror and use it to create combinations and multiple outfits from the six basic pieces set.

This video series has been shown on QVC and on infomercials airing around the country. Finishing schools and image consultants can cost thousands of dollars but his complete set can be yours for only **three payments** of \$33.33 (plus S/H). Now women can have access to experts from the privacy of their own home.

Let the **UdefineU Program** help you reach your fullest potential. Become noticed. Become respected. Become self-confident. But most of all...become you!

Only you have the power to change. Go to www.undefineu.com and order now!

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