



3 THE BODY IMAGE EXPERT

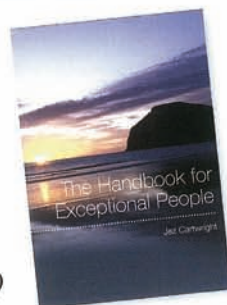
"Think positively about your body as it is now rather than making it conditional on losing weight," says Dr Jill Owen. "When we feel low about ourselves, we should instantly do something good for the body, such as exercising, moisturising, drinking a glass of water or having a relaxing bath." *Dr Jill Owen is a chartered psychologist specialising in body image with a private practice in Surrey; 01483 236777.*

4 THE SPECIALIST PSYCHOLOGIST

"It is important to deal with insecurities. After all, it is usually our lack of self confidence that others perceive as unattractive rather than the way we look," says Dr Michael Sinclair. "Try to distract yourself from negative thoughts about your naked appearance, stop looking in the mirror or imagining yourself naked and beating yourself up. Instead focus on what's good about your appearance." *Dr Michael Sinclair is a London-based psychologist specialising in anxiety; www.citypsychology.org*

5 THE LIFE COACH

"Look into the mirror and smile at what you see. That's right, smile! Only by appreciating our unique and wonderful selves will we really understand our true value," says renowned personal coach Jez Cartwright. "Remember there is no one else like you anywhere in the world, so that makes you a rare and valuable person." *The Handbook for Exceptional People by Jez Cartwright (Rodale, £7.99)*



THE NEW RULES OF NUDITY

1. Always remember to keep yourself groomed. If someone's going to be seeing you in your birthday suit, then it's best to prepare for extra confidence. Shave, trim, pluck and de-fuzz to keep neat and tidy.
2. Don't rely on alcohol to ease you into feeling comfortable. In fact, drinking can only lessen the effect our skin can have naturally. Also avoid eating carb-heavy foods that will bloat you.
3. Punish yourself every time you think negatively about your body. Pinch yourself or ban yourself from a favourite snack for the day, and negative thoughts should become a thing of the past!
4. Join a gym, treat yourself to a massage or have a pedicure. Doing things that boost our appearance automatically make us feel better about ourselves.
5. Play around with lighting: candlelight, dimmer switches or coloured bulbs can give the effect you want.

6 THE ELIGIBLE MALE VIEWS

"Most blokes are hardly Brad Pitt with their kit off and so are in no position to criticise the female form. Is there a greater joy in life than having a warm cuddlesome fleshpot lying beside you in all her glory? Tactile and tender doesn't have a dress size, so strip off and be proud, girls!" *Justin Postlethwaite, editor, Bath*

"The most attractive things about a woman naked are the curves of her body and the smoothness of her skin. No matter what shape or size, these are the differences between man and woman that make the female form so wondrous. I also like a nice bum and long legs!" *David Eachus, designer, Bristol*