

- **Tall Women:** Wear larger prints, flared skirts (to add grace to height), more and larger jewelry, and very few ruffles. .
- **Heavy Women:** Buy better quality and looser-fitting clothes, coordinated colors in one tone (to create a longer, slimmer appearance), no big details/ruffles/bows/collars, and a moderate amount of make-up (which puts the focus on the face).
- **Thin Women:** Wear gathers and ruffles (not slinky, skin-tight); wider belts, long sleeves, darker hose, and wear textured materials that add dimension (but never vertical stripes).

Keys to Feeling More Comfortable at Work

1. **Physical Comfort**--meaning wearing clothes that don't squeeze, bulge, creep, itch, require you to pull up when you sit or pull down when you stand, or otherwise compromise you from having peace about your professional appearance.
2. **Emotional Comfort**--meaning you are pleased with how you feel when you select, put on, and wear the clothes. Your selection seems to be in synchrony with your physical and psychological characteristics. You feel good in the clothes when interacting with others at all levels--your superiors, your colleagues, and your subordinates.
3. **Corporate Comfort**--meaning your clothes are appropriate for you in your present position, for the position to which you aspire, for your industry, geographical region of the country, and for the corporate culture in which you work.