ANNIE FRANCESCA ABSTRACT

Topic:

Depressed? Let us talk!

Title:

Your Clothing State Defines Your Mental State

Motivation:

How you dress for the day could make or break your day.

The Problem: Staying in pyjamas while you're recovering from an illness can make you feel sluggish, tired and depressed.

The Solution:

Why not dress yourself for the outcome you would like?

Annie Francesca learned to dress herself like a Million Dollar Woman while she was recovering from an incurable cancer diagnosis.

What she learned from this experience was surprising. She discovered that people were shocked to find out that she had terminal cancer because she represented the picture of health.

This not only boosted her mood, it also boosted her self esteem and gave her confidence to overcome the diagnosis in less than six months.

Study:

She has been teaching her method of dressing like a Million Dollar Woman to countless other women.

Most of these women were struggling with depression, low self esteem, body hating issues and financial difficulties.

When they implemented her method, most of these women began to thrive in every area of their lives: their mood improved significantly, they started dating again, met the love of their life, and started to thrive in business.

Conclusion:

Dress yourself each day for the results you want to achieve. While most people are wearing pyjamas during a time of a global pandemic, do the opposite and wear something that makes you come alive with joy, vitality, and a new spring in your step.

Bio:

Annie Francesca is a Reinvention Stylist who helps business women dress like a Million Dollar Woman so they can rapidly up level their self confidence, their wardrobes and their lives.

After living on a religious commune 30 years ago, the former co-founder of Victoria Shopping Tours, knows that style can be a powerful vehicle for personal expression. Annie relates first hand to women who dress to keep themselves invisible out of fear of displeasing others.

In 2013, an incurable cancer diagnosis woke her up to face the pain of how she had been keeping herself stuck by living according to patriarchal gender rules. Using a process she calls, "The Million Dollar Style Method," she completely reinvented herself from the outside in -- starting with her wardrobe. Within less than 6 months, she became completely cancer FREE.

Annie remains cancer free to this day and is the author of "Passport To Life — How I Overcame Incurable Cancer Through the Power of Travel."

Annie spoke at the Women's Economic Forum in London last November. She has also been on stage presenting at the Breast Pathology and Cancer Diagnosis Expo in Vancouver.