A Study of Iconic Women:

How to Become The Woman You Want To Be.

french kiss life
with TONYA LEIGH
An Introduction (my story)

One night, while perusing TV Channels in my not-so-chic sweatpants, eating day old Chinese takeout, the classic movie, Breakfast at Tiffany’s showed up on the screen.

As I watched Audrey in her cute black dress and dark tortoise shell Oliver Goldsmith sunglasses (no, they weren’t black), I felt equal parts sadness and hope.

Up until this point, I felt lost in my life. “Struggle” was the predominant word in my vocabulary — struggling with my weight, relationships, work.

The sadness was largely due to my acknowledgement that I had neglected myself and turned into a product of my environment, instead of making my environment a product of me.

I was tired of feeling like the most boring woman at the table.
I was exhausted from being the woman everyone expected me to be.
I was fed up with my own limitations and behaviors.

I had given up on myself. I had allowed myself to be a victim instead of a heroine. Instead of living my life as a work of art, I had been living my life like I was in a war zone.

And, in that moment….

I had a glamorous wake-up call.

While looking down at my “never-leave-the-house” sweats and General Tso’s chicken,

I made a firm decision to become a Modern Day Icon.

I instantly felt hopeful. It came from a deeper knowing that I could change. I knew that I didn’t have to be the woman I had been for decades. I knew that I could turn it around. I was no longer entrenched with limiting beliefs, stories of my past and a hopeless view of my future, that had been holding me prisoner. To this day, I’m convinced this was a divine act of God.

All my life, I had been mesmerized with strong, feminine, classy and iconic women, such as Audrey Hepburn. They possessed something I deeply desired for myself.

While I didn’t want to be another Audrey Hepburn or Grace Kelly, as that would go against everything iconicism stands for…..I very deeply desired to become a self-defined woman.
I was finally convinced and completely ready to

Restyle my mind, behaviors

....and, well, basically my entire life.

I was on a mission.

I had to know everything.

I turned unapologetically to ICONIC WOMEN.

What did they possess?
How did they carry themselves?
How did they view the world?
How did they view themselves?
How did they create success?

And then, I committed to courageously re-invent myself:

I stopped reading books that made me feel broken
I stopped following formulas that promised me success but didn’t feel right.
I stopped being the woman I had been for decades.
I stopped playing the victim, allowing my life to be molded and shaped by others.
I stopped living in a downward spiral full of what I didn’t want.
I stopped trying to fit in and be like everyone else.

I applied what I was learning from these Iconic women (about their unique qualities)
into my own life, and the results were, and continue to be…

.....absolutely mind-blowing!

The result?

I was finally able to:

• Discover my OWN unique essence.

• Focus everything on what I wanted… without guilt.

• Take ownership over my legacy

And…..I felt (and looked!) AMAZING.
I recently showed a friend of mind an old picture of me. She was flabbergasted.

“That is not you,” she argued.

“You’re right. That girl died a decade ago,” I replied.

It’s true. I literally birthed a new self by discovering my own Iconic appeal. And, while I have so much love and compassion for the girl in that image, I now understand that the old Tonya didn’t realize she had a choice, that she could become a new self — one filled with love, passion and joie de vivre — and completely change her life.

Now, let me be clear: I am not an overnight success story. In fact, I still feel like I’m in a place of growth and discovery.

Perhaps you can relate to my story. If so, I am so very glad that we’ve found each other.

Cultivating your own Iconic appeal is the only path I have found to freedom. And I deeply know that every woman has the ability to cultivate it from her iconic heart. Every women has the ability to love herself so madly, and is courageous enough to become a new woman, so she can live her life as a work of art.

So, let me ask you something:

Are you brave enough to discover your Own Iconic Appeal?

Of course you are! That’s the first step to Becoming a Modern Day Icon — the courage to say “Yes”.

Now, without further adieu, may I introduce four of my favorite Icons. My desire is that they inspire YOU to Become a Modern Day Icon.

With an Iconic heart,

P.S. Please remember that this journey requires that you step into the unknown, because everything you’ve ever wanted is in that space of mystery. I can’t wait to meet you there!
A Study of

SOPHIA LOREN

A Modern Day Icon who knows how to French Kiss Life!

Reflections with Tonya Leigh

Considered to be one of the world’s most beautiful and sexy women in history, Sophia Loren is still passionately living her life in her glorious eighties.

Sophia absolutely knows how to French Kiss Life – living a life of style, beauty and joie de vivre.

She embodies what it means to be a self-possessed women, embracing all parts of herself. Her journey offers many nuggets of wisdom that can inspire us all.

My Favorite Sophia Quote

“Nothing makes a woman more beautiful than the belief that she is beautiful.”

Sophia On the Past

Sophia admitted to Vanity Fair, “My life is not a fairy tale, and it’s painful still to speak about it.”

She was born to an unwed mother in a small fishing town in Italy. Being from a Catholic family in that era meant that having the label of ‘illegitimate child’ was not an easy path. Furthermore, it was during War War II that Sophia lived in extreme poverty, sharing a bed with at least three family members and rummaging for food for her siblings.
Her public struggle to find a sense of home and family graced the tabloids, yet she didn't stop searching. She grieved openly about her two miscarriages, feeling like a failure.

Like many women, Sophia's journey has not been easy one. She's faced hardship and experienced heartbreak. Part of her iconic appeal has been her ability to pick herself up and keep moving forward in her life. Through her tenacity and perseverance, she has landed in the hearts of many as one of the most celebrated and beautiful women of our time.

*The French Kiss Life Lesson:*

Pain and suffering is a part of every great heroine's journey. It shapes and molds you, but it doesn't have to define you.

**Sophia On Confidence**

You’d think that a woman that possesses so much beauty and graced the movie screens would be full of confidence. Yet, her son, Eduardo, admitted, ”she doesn’t have much confidence in herself.”

On the other hand, others reported that she was one of the most determined women they knew.

Sometimes, our confidence wavers, but when you have an intention paired with determination and inspired action, you become unstoppable.

Confidence isn’t about being perfect; it’s about having the internal strength and belief that you can handle new challenges, obstacles and opportunities.

Iconic women’s confidence boils down to their courage – boldly taking action towards your desires, even when things are hard. The more you show up for yourself, the more confident you become.

*The French Kiss Life Lesson:*

You can do amazing things and not feel totally confident.
Sophia On Food & Exercise

She confessed her love of pasta, saying, “Everything you see, I owe to spaghetti.” She is passionate about food and eating, especially when shared with family and friends (perhaps, this is why I adore her so as I believe that some of our most cherished moments happen around the table). However, she’s found her sweet spot of moderation where food is truly enjoyed and eaten with true pleasure.

As for exercise, she keeps it simple and consistent. “I always wake up early and jump out of bed – sometimes not wanting to, because one can always find an alibi not to exercise - and then I take a walk for an hour. And as I walk round the park I always think, ‘Maybe around the corner I am going to find something beautiful.’”

Rest is also important to Loren, with an average of 9 hours per night. No wonder she’s aged so well.

It’s difficult to be an Icon when you’re not caring for your basic needs: food, movement and rest. Sophia proves that it doesn’t need to be complicated or difficult. It needs to be doable and consistent.

An Icon doesn’t set herself up for failure; she sets herself up for success.

*The French Kiss Life Lesson:* Moderation is always a good choice.

Sophia On Secret Gardens

In an interview with The Telegraph, Loren confessed about her journals, “I don’t want these books to be around if I’m not there one day. I would like to keep my privacy. All these things have to be finished. So I burnt them. All of them. So every year when I write my diary, a phrase here, a date there. A note about meeting someone. And every year I destroy them. There are some things I want to keep just for myself.”

When you French Kiss Life, you value your secret garden. Instead of spreading the sacred parts of yourself all over social media, to strangers at the coffee shop or to family and friends, you keep some things tucked away in your own soul.
It’s one thing to hide things out of shame (because that only hurts you); it’s another to keep things to yourself out of honor and respect.

The French Kiss Life Lesson:
What do you do to protect your Secret Garden?

Sophia On Friendship

Loren said, “Always be surrounded by people that you like, people who have a nice conversation, to learn something more about other people and about yourself through the communication. There are so many positive things to think about.”

Life is too short to be surrounded by people full of negativity, drama and a limited view of the world. True friendship should encourage, challenge and support you.

You are who you surround yourself with. As you begin to cultivate your own iconic appeal, you’ll begin to notice that you’re drawn to different energies. Instead of fighting it or feeling guilt, allow yourself to rise with the greatness of others.

The French Kiss Life Lesson: Surround yourself with people who inspire you.

Sophia On Beauty

It’s unbelievable that at the beginning of Loren’s career, she was told by Hollywood executives that she needed to have plastic surgery. Apparently, they thought her nose was too long and mouth too big. Geesh, Hollywood! Not much has changed.

Loren took a firm stand on her natural beauty and refused to go under the knife.

Her quote sums up a belief on beauty that we should all adopt:

“Beauty is how you feel inside, and it reflects in your eyes. It is not something physical.”

The most beautiful women are those who look and find beauty in and around them.
The French Kiss Life Lesson:

You must believe you’re beautiful, regardless of what the cultural norm happens to be at the time.

Sophia’s Beauty Secret

Olive Oil.

She consumes it (2 tablespoons a day), bats in it (a few capfuls) and moisturizes with it.

Women should play around with their own personal beauty secret. Find out what works for your unique body and life.

Personally, I think olive oil is a fabulous place to start.

The French Kiss Life Lesson:

Olive Oil on Everything!

What I Love Most about Sophia Loren

This is a tough one. Yes, she’s undeniably beautiful, and once can only hope to age with as much style, beauty and passion as she has. Yet, I’m not sure what I adore most about her – her impeccable feminine style, love of pasta, how she embraces her beautiful curves or how she’s overcome hardship and became one of the greatest Icons of our time.

However, her quote, “Mistakes are part of the dues one pays for a full life,” embodies what I hope all women deeply know: playing it safe will never lead to a full, passionate life. And, it will certainly never lead to you cultivating your own Iconic Appeal.

Credits:
The Examiner, The Telegraph, Vanity Fair, Wikipedia
Josephine
A Study of

JOSEPHINE BAKER

A Modern Day Icon who knew how to French Kiss Life!

Reflections with Tonya Leigh

One cannot think about the roaring 20s of Paris and not imagine the femme fatale, Josephine Baker. She debuted in Revue Nègre at the Théâtre des Champs-Élysées dressed in nothing more than pearls and feathers.

This began Paris’s love affair with Baker where she became known as “The Bronze Venus.”

Her tenacious boldness paired with her unapologetic femininity has landed her in my heart as one of my favorite Icons.

My Favorite Josephine Quote

“A violinist had a violin, a painter his palette.
All I had was myself.
I was the instrument that I must care for.”

Josephine On the Past

It seems that many of our beloved icons started out life with the bets against them.

Baker is no exception.

Born in St Louis, Missouri, on 3 June 1906 as Freda Josephine MacDonald, she was abandoned by her father at an early age. Hungry and poorly dressed, Baker became a live-in domestic for white, wealthy families in St. Louis, often suffering abuse at the hand of her employer.
At thirteen, she dropped out of school and lived on the streets in the slums of St. Louis surviving on food scraps from trash bins.

Yet, Baker had a spirit in her heart that even poverty and homelessness couldn’t steal.

She transcended her reality, because she believed she could.

Her passionate and tenacious spirit is what sustained her and catapulted her to international fame.

To be Iconic, we must make peace with our pasts, and then imagine a future greater than where we’ve been.

We must also turn our challenges and hardships into part of our heroine’s journey where we become stronger, braver and more determined.

We must believe in ourselves even when the world doesn’t seem to. We must dream of possibilities and live out the dream with one bold step after another.

*The French Kiss Life Lesson:*
Your past doesn’t define you. Your spirit does.

**Josephine On Passion**

On the streets of St. Louis, despite her living conditions, Josephine did what she knew to do: Dance!

Her street performances caught the attention of many, including scouts that recruited her to the St. Louis Chorus vaudeville show at the age of 15. This led to her move to New York City where she became a part of the Harlem Renaissance.

Baker’s passion is what led her out of the slums to the stages of New York City becoming the highest paid chorus girl in vaudeville.

Iconic women don’t obsess over where the path may lead. Instead, they follow their passions and bring passion to their daily lives. They are courageous enough to step out into the unknown where everything they desire resides.
They don’t obsess over what has been or even what is, but towards what can be, and that’s where they place their energy.

*The French Kiss Life Lesson:*

*Show up in your life with passion, regardless of your circumstances. It will take you to magical places.*

**Josephine On Confidence**

Baker seemed to operate under a different set of rules – those she made for herself.

How many women have a pet cheetah with a diamond encrusted collar?

Josephine Baker did!

Bennetta Jules-Rosette, author of Josephine Baker in Art and Life: The Icon and the Image, said, “She never thought that anything was impossible. She could do things we would consider ahead of their time, because she never thought she would fail.”

Her sister reported that Josephine “had set out to conquer the world.” However, when Baker landed in Paris in 1925 and checked into the Hotel Fournet, her desire was much more specific. “I fell asleep with the idea of conquering Paris.”

Icons live their lives as works of art. This approach will not work if you constantly focus on your perceived limitations. The secret is to focus on what you want and possibilities.

Josephine Baker wanted to conquer Paris, and with that one powerful intention, she did just that.

What is your intention?

*The French Kiss Life Lesson:*

*Confidence comes from within by developing a deep belief in yourself.*
Josephine On Beauty

Baker was the epitome of jazz age beauty. Her slicked back hair, smoky eye and flapper girl attire made up her glamorous vintage style.

In the United States, the color of her skin made her a direct target for racist acts, but in Paris her beauty was exalted and adored.

She embraced and played in her body, often wearing little clothes at all. She joked, “I wasn't really naked. I simply didn't have any clothes on.”

Her exotic features and sensual style was part of the allure that captivated so many hearts.


Josephine On Activism

Baker devoted much of her life to fighting racism. After rising to fame in Paris, she returned to the United States in hopes to gain popularity in her own country. Instead, she was met with rejection and extreme racism.

She refused to perform in segregated clubs. It’s reported that she sued Manhattan’s Stork Club after they refused her service. Another iconic lady, Grace Kelly, was there that evening and grabbed Baker’s arm and left with her party. They became close friends after the fact.

For the rest of her life, Baker would speak out against racism. She returned to the States in the 50s to attend rallies and boycott against segregation.

May 20th was named “Josephine Baker Day” because it marks the day that she stood alongside Martin Luther King Jr., in the March on Washington as one of the notable speakers.

Finally, in 1973, Baker received the admiration she deserved when she returned to perform on the stage of Carnegie Hall and received a standing ovation. She wept before her audience.
Iconic women have a strong opinion. They stand up for what they believe in, and while they may receive criticism, they are respected. Even more powerful, they leave a legacy.

What do you want your legacy to be?

*The French Kiss Life Lesson*:

Stand for something, even at the cost of criticism and rejection.

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**What I love most about Josephine Baker**

She had every reason to not become an Icon – an African American woman during the most racial years of our country, suffering poverty and abuse, and rejection from her own country after rising fame in another.

Yet, she persevered and fought for what she deeply believed in, and she never stopped believing in herself.

She possessed guts, grit and grace, a powerful trifecta that birthed an icon.

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*Credits: Bio-Josephine Baker (photo and content), Wikipedia*
A Study of

IRIS APFEL

A Modern Day Icon who knows how to French Kiss Life!

Reflections with Tonya Leigh

Over the past couple of years, I have fallen madly in love with Iris Apfel.

She embodies everything it means to be iconic – confidence, spirit, originality and an impeccably eccentric style.

The best part? She’s still rocking out her life in her 90s.
Like a fine wine, she’s getting better with age.

My Favorite Iris Quote

“Fashion you can buy. Style you must possess.

“When you don’t dress like everyone else, you don’t have to think like everyone else.”

“You have to try it. You only have one trip. You must remember that!”

Iris On Confidence

Of all the icons I’ve studied, Iris Apfel, hands down, is the most confident. Perhaps it comes with age, as with each birthday, we become wiser. Wherever it comes from, it’s extremely refreshing to see a woman so comfortable in her own skin, especially une femme d’un certain âge.

She said, “I don’t care what people think…I learned a long time ago…I was 19 and had a very traumatic experience….and I learned that I have to go to bed with myself at night and that I have to please myself…and as long as I don’t go out of my way to offend anybody that I love, upset my mother or my husband…I’ll do my own thing. And if the public doesn’t like it, it’s their problem, not mine.”
How often do you let what others think stop you from living fully expressed? Are you doing your own thing in life? How often do you take responsibility for other people’s feelings?

To be iconic, you cannot go through your life paralyzed by other people’s opinions.

*The French Kiss Life Lesson:*

It’s not other people’s job to like you; it’s all yours.

**Iris On Style**

In the fashion world, Iris is considered a rare bird.

From her over the top jewelry to her signature round glasses, she has definitely cultivated an eccentric signature style.

Her attitude around style is very whimsical and relaxed. She finds joy in her self-expression. “Life is grey and dull. You may as well have a little fun when you dress and amuse people,” she jokes.

When it comes to presenting one’s self, she thinks that a woman should know herself and what she can afford, including what she can carry off.

“Style has nothing to do with money. It’s a matter of attitude. The most stylish people I ever saw were in Naples right after the Second World War. They were really threadbare but put themselves together with so much dash, like placing a flower in the buttonhole of a tattered suit.”

Style is much more than what you wear. It’s how you live your life. Are you expressing who you want to be in the world, from the thoughts you think to the clothes you wear?

Style matters, because everything matters.

*The French Kiss Life Lesson:*

Style begins with an attitude, by first knowing who you are.
Iris On Aging

If anyone has aged in a way that I aspire to, it’s Iris.

In a culture that fears the aging process, she understands that it’s how you age that matters.

“Worrying about getting old is the kiss of death; you have to be busy and stay engaged. I can feel lousy until someone says, ‘Let’s go to the flea market.’ Once I set foot in there, it’s like I’m a teenager—no one can keep up with me. You cannot be interesting if you’re not interested.”

She’s also referred to her wrinkles as “a badge of courage.”

With each birthday, you can choose to age with creativity or resentment. Age truly is just a number. What do you want it to mean about you?

*The French Kiss Life Lesson:*

*Be interested in life. Find what you enjoy and do it often.*

Iris On Success

Iris Apfel likes to joke that she’s a “geriatric starlet,” as she really came into the limelight in 2005 when the Metropolitan Museum of Art premiered an exhibition about Iris Apfel’s style entitled Rara Avis (Rare Bird): The Irreverent Iris Apfel.

Her key to success? “I always tell people to follow their dreams, to be true to themselves, and not just be carbon copies of what they think they should be, because then they’ll go through life miserable. More and more people live without soul, they’re just an empty shell.”

Are you trying to fit into a version of success that doesn’t feel right to you? Is it making you miserable?
An important question that a woman must answer is: “What is success for me?”

Then, unapologetically, live your life in alignment with your version of success.

*The French Kiss Life Lesson:*
Have a dream and know who you are.

**Iris’ Beauty Secret**

She denies having any secrets accept for eating well, which means no junk food or sodas.

She also smoked 4 packs of cigarettes a day until one day, she decided to quit.

As for exercise, she’s extremely active but doesn’t do any formal training.

While she eats well and moves her body, it makes me wonder how much having meaning and purpose has added to her well-being. I’m guessing a lot.

*The French Kiss Life Lesson:*
Eat well. Be active. You can change habits.

**What I love most about Iris Apfel**

Like all iconic women, it’s hard to choose just one thing, especially when it comes to Iris Apfel. She’s confident, full of spunk and personality and has a bold, unapologetic approach to life.

However, if I’m just going to choose one….  

**It is how she’s living such a full life in her 90s, and she’s doing it style.**

She jokes, “Everything I have two of hurts,” and yet she doesn’t let it stop her. She gets dressed, gets out of her house and goes out there and lives it with *joie de vivre.*

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*Special Credits: Allure, The New Potato, Another Mag, The Daily Beast, Iris Photo Credit: Manikin Store*
A Study of

**AUDREY HEPBURN**

A Modern Day Icon who knew how to French Kiss Life!

Reflections with Tonya Leigh

I simply could not write a series on Iconic women and not mention the beloved and most elegant of them all:

The one, the only......Audrey Hepburn.

My Favorite Audrey Quote

“For beautiful eyes, look for the good in others;
for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.”

Audrey On Success

Audrey attributed her success to luck and hard work.

After being told that her height would make becoming a prima ballerina practically impossible, she decided to focus on acting. She took a job as a London chorus girl, to support her family and her career.

She was spotted by a scout for Paramount Pictures that led to her role in *The Secret People* (1952), where she played a ballerina. Good fortune came when the popular French novelist Colette saw her performance. It is rumored that she exclaimed, “Voilà! There’s your Gigi.” This was the role that catapulted Hepburn to international fame.
She often joked that she was insecure and inexperienced, but what she did have was a disciplined work ethic.

Audrey’s career shows us that when we don’t get the job, the guy, the house, or any other goal, it may be because there’s something better on it’s way. Also, when you follow opportunities and let go of the hows and whens, great things can happen. Let go of outcomes, and dive into the creative process.

*The French Kiss Life Lesson:*
When things don’t go as planned, Consider that it may be a gift.

**Audrey On Style**

Audrey is the ultimate fashion icon, with her classic style paired with understated glamour. How did she achieve such a notable style? She knew herself. She avoided trends and stayed true to her desire for simplicity and practicality.

“You have to look at yourself objectively. Analyze yourself like an instrument. You have to be absolutely frank with yourself. Face your handicaps, don’t try to hide them. Instead, develop something else.”

Instead of trying to fit into the latest trends, get to deeply know yourself. Play around with creating your signature style, whether it’s jeans and cowboy boots or a little black dress paired with a kitten heel.

Your style is how you express yourself to the world. It’s your walking billboard that tells your story as a woman.

What do you want your style to express?

*The French Kiss Life Lesson:*
Know yourself – what works and what doesn’t.
Audrey On Confidence

When approached to play a part in a film, Hepburn explained that she wasn’t ready to do a lead. She recalled, “But, they disagreed and I certainly wasn’t going to argue with them.”

She said, “Opportunities don’t often come along. So, when they do, you have to grab them.”

Audrey spoke openly about her insecurities, admitting that she came to work every day terribly nervous. She said, “My confidence came and went with each movie, once I’d finished one, I didn’t know if I’d ever work again.”

Yet, she continued to land leading roles throughout her career.

Audrey displays the shifts that will happen when you say ‘yes’ even when your mind is saying no. Seize opportunities even before you think you’re ready. And, always surround yourself with mentors, friends and a community who will not let you shrink from your greatness.

_The French Kiss Life Lesson:_

Confidence doesn’t mean a lack of insecurity or nervousness. It means that you believe in yourself enough to deal with whatever comes your way.

Audrey On Food & Exercise

Blessed with good genetics paired with a healthy diet, Audrey was able to maintain her slim figure throughout light. Her diet consisted of light fresh food and a moderate amount of protein. “I seem to have a sort of built-in leveler. I’ve a tremendously good appetite – I eat everything, everything – but as soon as I’m satisfied, a little hatch closes and I stop.”
As for exercise, she received plenty of it by engaging in what she loved – walking her dogs and gardening.

_The French Kiss Life Lesson:_

Learn to listen to your body and eat until elegantly satisfied.
Find an activity you enjoy and do it often.

**Audrey On Beauty**

During an era when Marilyn Monroe was being praised for her voluptuous figure, Audrey brought a different kind of beauty, one of a petite princess.

She often joked about how she wasn’t that pretty (what? I know, right?), but she knew how to bring out her best, and she was relaxed about it.

“You have to be relaxed as possible about food and fitness and the rest of it, or you’ll be a slave to your beauty, habits...You may have great skin, but you’ll become a robot.”

It doesn’t matter what the cultural standard of beauty may be at the time; it’s your job as a woman to cultivate your own beauty from the inside out.

_The French Kiss Life Lesson:_

Focus on the qualities you love about yourself.
And, relax.

**Audrey On Family & Home**

It is well known that Hepburn was deeply devoted to her family. She left her career at the height of her success to spend more time with her children.

Her son, Luca, recalled that his mother was happiest when she was at home.

“I may not always be offered work. But I will always have my family,” she said.
As for her home, it was her sanctuary and expression of her love of family. “It’s the flowers you choose, the music you play, the smile you have waiting. I want it to be gay and cheerful, a haven in this troubled world.”

Ah...home sweet home!

The French Kiss Life Lesson:
Don’t live to work.

What I Love Most about Audrey Hepburn

As a film and fashion icon, as well as a humanitarian, Hepburn had it all – a feminine allure, grace, charm, beauty, wit and intelligence.

She has deeply inspired me to be a lady – compassionate, kind and strong. And, to never take myself too seriously.

Also, because of the famous scene from Breakfast at Tiffany’s, I was inspired to purchase my first pair of designer sunglasses. Such a small act, but it was one of the first upgrades in my life, so to me, it was huge. It was a huge decision that begin to elevate the quality of my life.

Like Audrey, at the time, I didn’t feel ready, but I said yes anyway. What are you ready to say yes to?

Credits: FineArtesBooks, How to Be Lovely, The Dissolve, Wikipedia (photo and info)
While there’s no formula, there is absolutely a SPECIFIC PROCESS to uncovering YOUR unique appeal.

Are you Desiring to develop YOUR OWN ICONIC APPEAL?

Click here to find out how to:

BECOME A Modern Day ICON

Tonya Leigh is the founder of French Kiss Life, a Global Movement inspiring women to embrace elegance, style, and joie de vivre. A master coach to highly successful women across the globe, Tonya works at the intersection of ambition and ease to help women create the fulfilling, French-kissed lives they desire. Her work has been praised and featured by Oprah, Dr. Martha Beck, and many more. Her writing can be found at TonyaLeigh.com.