LIFESTYLE
Ideas & Trends

Windward Bound

By CAROL KEENEY
Houston Chronicle

Some sail... by the wind, some sail by the rules. But for Marie E. and her crew, it was full sail ahead on this latest voyage from Galveston to St. Augustine. The Ms. E. is a 36-foot, 1954-built steel-hulled ketch that has been sailing for years. It is a vessel of comfort and luxury, a place where friends can gather and enjoy the scenery. The crew is made up of people from all walks of life, united by their love of the sea and their desire to explore new horizons.

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• The benefits of living in the Houston area and the role of the Houston Area Chamber of Commerce. Page 2

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Can we talk about sex? Sure, but don’t mention salary

By LINDA KOSMACK
Houston Chronicle

This book, Love Propels Us, is part of a series called "Passion's Call." It is about the passion that drives us, the things that make us who we are. It is about the love that we feel and the love that we give. It is a celebration of life, and it is a celebration of the human spirit. It is a book that will inspire and uplift, a book that will make you think and make you feel. It is a book that will change your life.

MONEY

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The success of The Thighs as it artfully brings fashion to a new, lower body consciousness is vividly demonstrated. The book, which was inspired by the author's own journey of self-discovery through fashion, provides a refreshing perspective on body image and self-acceptance.

The author, who is known for her bold and innovative style, takes readers on a journey through the history of body consciousness, from the days of the girdle and corset to the present day. She shares stories from her own life, including her own struggles with body image, and offers practical advice for those looking to embrace their unique bodies.

The book is illustrated with stunning photographs, including a cover shot of the author wearing a pair of high-waisted pants that highlight her waistline and hips. The photographs are shot from various angles, allowing readers to see the author's body in a new light.

The book is available now, and readers are encouraged to purchase it and share their own body love stories on social media using the hashtag # dismantlingstereotypes.

ICYMI: The book is also available on Amazon, Barnes & Noble, and other major book retailers.

The author would love to hear from readers who have read the book and share their thoughts and experiences on body positivity. She can be reached via social media or her website, www.bodylovebook.com.