



*Myth to Mastery*

***Excerpted from 'Le Chic Cocoon'***

*7 Steps to creating your Selfish Space*

*by Jen Duchene*

**"THE EYES OF OTHERS OUR PRISONS;  
THEIR THOUGHTS OUR CAGES."**

— *Virginia Woolf*

What a powerful truth. How many of us women have lived our lives by the words of Virginia Woolf, without a moment's thought? Eyes locked in tunnel vision. Looking straight ahead. Creeping along the ground. Marching in tune with all the other caterpillars. Allowing others to determine what we see, what we believe. Imprisoning us as surely as if we were in a cage.

Life is full of epiphanies, mythical answers to world problems, and then suddenly you look up and discover that the dishes are still waiting to be washed and the dust bunnies are dancing. For a moment, the world turned and the tasks remained.

I am a designer and a professional decorator. I choose to work with what people already have in their homes, because I

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believe that we have an emotional connection to our possessions. There is a history and a patina that curates the backdrop of our lives.

I lead people through the process, as opposed to dictating what they should do. I guess you could call it Design Intervention. I honor their homes, their collections, and their lifestyles, and I make their rooms sing. What use is a room if you don't feel good when you are inside?

Naturally, I was happy working this way for many years, building up my practice, and working at honing my entrepreneurial skills. I had created sanctuaries for my clients, but never for myself. I understood their needs, but I never stopped to understand mine. I made my home attractive, warm, and welcoming, but I built in no personal retreat, very little me time. I didn't think I deserved to come first, ever. Then I experienced a personal crisis. My life veered off the safe course I had envisioned. Teetering on the wall of divorce, my life was spiraling out of control. Who was I? How was I going to exist? I had to dig deep into a well of my own truth and build myself up again. Ponder how I had traveled so far from who I thought I was. Other people's thoughts did not make me. That moment of self-discovery created a need for a Chic Cocoon of my own. Embroiled in the fabric of my own story, I could not move without letting go of myths I had swallowed for half a century. I realized that day that this was a universal truth for many women, and Virginia Woolf came to mind.

My search has brought me a new understanding, a greater passion. I am combining my design expertise with my desire to help other women create their own personal spaces. I am committed to helping other women discover self-knowledge, before they implode like I did, not knowing who I was, stripped of my roles.

As women, we typically have nowhere to go where we can just be. Every room in the home has a task demanding to be done. My plan is to give you the impetus to create your retreat from it all, your Chic Cocoon.

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An artist, extremely shy and lacking in self-confidence when growing up, I did not know how to connect to my voice.

It has taken me 50 years to understand how important self-love, putting herself first, and owning up to her talents are for a woman.

Some women slip into a dream world, and some women become warriors. Many women have embraced independence. They are strong, vibrant, driven women, who have their own myths to unravel and demystify. Many women are seen as a liability in the corporate world because they can bear children. Sometimes women get wrapped up in the fear of what will happen to their career and life if they have children, before there is even a glimmer of child. I have heard women talk about the fact that we still have not broken the pattern and kicked in the door. I believe what is stopping us is our willingness to believe the myths, precisely because we have not claimed our power. Our strength comes from within. We cannot find it outside ourselves. We must bar the door and lock it, and while away sunny hours behind closed doors in a room of our own so that we can garner the strength that comes from introspection and selfish activity. When we know who we are, we will not care what other people think. We will make choices based on our own rules and needs.

We need to soar in Spirit and connect with our Inner Goddess. We need to trample the myths that impede our progress.

Basically, I bought into the myth as a young girl, believing that considering my own needs was a sin that needed stamping out. So I stamped as hard as I could. My life lessons are twofold—guilt and shame—apparently, this is a common life lesson. Oh, how I struggled to keep my head up high while drowning in my own spit. Guilty for not considering others, for being unkind, I felt shame for not living up to what I perceived to be real. I played the role of the polite woman to the hilt, the try-to-be-pretty-and-pleasing

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woman. Burying anger, hurt, and disappointment, I swallowed my own poison along with other people's half-baked truths and opinions. If my diva hates housework, so be it. My life is on my terms; **I deserve to be selfish**. So do you.

You deserve to follow your inner Cocoonista.

"Of all the things I lost, I miss my mind the most" is a quote on a postcard on my refrigerator, reminding me that sometimes we do need to lose our minds to find ourselves. It is in the grief that occurs when we can go no lower than a caterpillar that transforms us. But why wait for grief?

### *The Tale of Many Myths*

Perhaps you were fed the dream as a little girl. Barbie is hot, sexy, capable, and even brilliant, and she is desperate for Ken to make her whole. Cinderella has a fairy godmother; she is stunning and has skills like no one's business. Her stepmother is a bitch, and Cinders just takes it, because she is a true princess. So she hangs out at the fireplace in rags, sweeping and sighing till a prince discovers the shoe fits and carries her off to a castle to live happily ever after. No one knows what indignities she suffers as woman who couldn't say no. This is all part of the myths that we swallow when we allow other people's assumptions and opinions to rule our actions, when we are shamed into giving up what we truly long for.

Saying nothing, but bearing resentment and keeping score, is a tale of many women who were raised to hide their true selves from the world. This brings to mind a harem. Creating an outer shell that covers the inner desires so well creates real walls, roles or not. For most women, the knowledge of what they want or who they are is hidden behind a veil of myth.

What convenient barriers have you hidden behind? I used to believe that settling for what others wanted was good enough for me.

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The fear of not being liked was my own secret shame that I crumbled beneath. I was always trying to smooth the waters, making nice, so I could be part of the in crowd. Every time a myth crumbles, my strength grows.

What about you? What myths are you holding sacred? Are you willing to wear body armor and fight the bloody battle? Topple myths? Garner points. Win yourself back?

Subterfuge has always been given a seat at the table.

Girls were raised to pretend. I think many still are, in spite of being encouraged to reach for their dreams. Women are expected to fulfill the traditional roles of housewife, mother and to earn a living. Many strive to be independent and consider being “only a housewife” as a position of shame. Another myth.

At one time, women could not wait to get out of the kitchen and into the boardroom. Now, many relinquish the boardroom to raise their children. A career woman is often exhausted from constantly changing hats. The role of harried housewife, because someone must be there for the children, is no easy task. Often out of guilt or myth, women bear the biggest burden of running the household, no matter what else they do, in spite of the fact that partners are doing more at home.

The myth that won't die, a woman puts her needs last.

I believe being a true housewife is a job that requires incredible skill. Any woman who takes on that role with gusto is not only smart, she is dismissing a myth that no longer matters.

Sometimes when a woman is perceived as being “too much like a man<sup>1</sup>,” those of her own gender fall upon her like turkeys do when one of their ilk starts to bleed<sup>2</sup>. Why do some women join the conspiracy to belittle their own? I think it's because it is part of a myth they have learned and habitually keep alive. Happily, I have witnessed a growing

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<sup>1</sup> Turkeys do attack one another—I have seen it.

<sup>2</sup> Another myth that tough women are not feminine.

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force of resilient, supportive women who are leading through compassion and sharing.

We need to embrace both our masculine and feminine sides to create balance in our lives.

Women are often cut low, through a knee jerk reaction. Every time someone kicks you down, it is because they are afraid—afraid that you will succeed, make them look bad, or because they think you need saving. Their perceptions, too, are driven by myth.

Subterfuge has always been given a seat at the table.

Short leashes, and very little money; that is how we come full circle. When woman have no money and scant knowledge of the world of money, then owning power is impossible, for money is the currency of our world. Women are paid less, in all sorts of ways. Fewer dollars mean less respect, less time, less freedom. Money talks. The fear of not having money keeps us chained to myth and jailer.

When we take charge, we make things happen. We stop being doormats.

*We become Keys.*

Take the key and unlock the door. It all begins with a room. Every day is a new lesson. A new layer of onion falls transparent and forgotten to the floor. Let go of Myth and create your own reality, no matter what that is.

It took the longest time for me to wake up and realize that my life and my surroundings are in the palm of my hands. Create the life and the space you want right now. Don't wait for someday, or someone, to right your world. Perfection doesn't exist, nor do fairytale princesses, that's just another myth in the coffin. I am surrounded by fabulous, encouraging, inspiring women who help me daily, and I am in gratitude. Embrace women as your sisters. Celebrate with them.

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NEITHER MYTH NOR MORTAL CAN TOUCH OUR  
POWER UNLESS WE ALLOW IT.

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OUR LIVES LOOK EXACTLY HOW WE SHAPE THEM IN  
WORD AND DEED.

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I asked some powerful women I know to share a myth, and this is what Alara Castell explained:

*One of the myths I had about being a woman was that it was not okay to be sexy. If I was to be sexy, then I would attract all the wrong men and I would give the wrong impression. This hindered the way that I would dress and the way that I would BE in this world.*

*It wasn't until I was about to get married that I realized something was missing and I was totally disconnected from my body. I wanted to feel sexy! I wanted to feel like a woman! I yearned to be fully connected to all of me.*

*I listened to my body to see what it desired most and it desired to move sensually, to feel the curves of my body, to love myself whole, to release and to be in an orgasmic state of mind. It's like this saying I heard from a movie once, "Dance is the therapy for the body and soul."*

*Today, I make sure that I have a space that I love, that totally brings me pleasure with all the yummy goodness I love. In this space, I move every day to get connected to my sensual goddess within.*

*One of my favorite things to do is to wake up early in the morning, when it's still dark outside, when you can hear the silence of people still sleeping peacefully in their beds, and to stand there naked in front of the mirror and move sensually and repeat, "I love myself, I'm amazing, I'm beautiful, I am enough just as I am."*

*I make sure to move my hips, to caress my body, to move my hands through my hair, to embrace and love all of me. It's so important to love you and to not lose that love. I love bringing movement into my workshops and into the work I do*

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*with women because it's one thing that is lacking in many women's lives, and I believe it's a MUST HAVE.*

Alara K. Castell  
*Your Sassy Spiritual Guide*  
www.alaracastell.com

We don't have to accept less than we want.

We don't have to compromise with what we want. We get to choose what sacrifices are worth it for us. It is our life, our choices and, yes, our attitude that fashions exactly who we are.

You have gifts you come bearing. You don't need a wise man to bestow anything on you. You need only inner strength, love of yourself, painstakingly built by habit. Can you look into the mirror and declare your love for you as is, less than perfect but perfectly wonderful, nonetheless? If you are willing to be uncomfortable, you can win this awkward battle. When I first read Louise Hay's book, *You Can Heal Your Life*, I could barely look myself in the eye. Now I can do it, easily. Try it. Habit is a wonderful thing. We got ourselves into this mess through habit—the habit of believing other peoples' truths. Why not kick the bad habits to the curb and replace them with good habits?

If each of us had to replace ONE habit that stifles us with one that frees us, we could shape our world. Now that is real power!

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*Nobody objects to a woman being a good writer or sculptor or geneticist if at the same time, she manages to be a good wife, a good mother, good-looking, good-tempered, well-dressed, well-groomed, and unaggressive.*

MARY MANNING

### ***My Passion for Decorating***

I want to teach women, every woman, to embrace her Selfish Space.

I am passionate about helping you to create the space you deserve, right now, using what you have in your home to live in an environment that pleases.

Women need to own the way they live.

### ***No Excuses Living***

Stop waiting in line for someday. Shake up your room; let your retreat reflect you.

Every woman deserves to live laughing, to embrace her lifestyle.

A well-decorated home should be a staple of everyday life. No one should have to wait for someday to live in an oasis. I want to give you the tools to create rooms that speak to your heart and your head. I am the Home Makeover

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Mixtress, blending lifestyle, laughter, and Chic Cocoons. Society may have taught that designers and decorators are for the wealthy, that they are snobs who want you to buy lots of expensive furniture and fill your home with grand pieces that have no personal meaning. This is a myth. I personally know many talented dedicated and un-snobby designers. They are dedicated and as passionate as I about what they do. Some, indeed, may serve the wealthy, and that is their choice.

As a woman who attended design school, studied and mastered various modalities, including redesign, color, trends, and history, soaking it all up like a sponge, I cannot fathom a life that does not incorporate beauty that is comfortable. That is real. I prescribe to William Morris's theory that one should have only what is both beautiful and functional in a home. Discovering redesign was a boon. I love the challenge of taking what is there, no matter how humble, and creating beauty for the owner. One of my clients who had very little to work with, and most of it from consignment stores, told me I have the ability to make junk shine. To me, that is the ultimate compliment. I know a dirty little secret: It is not what you have, but where it is placed that can turn a jumble of mismatched items into your personal palace. People say home is where the heart is. I believe everyone creates their home with pieces of their heart. We may buy with our pocketbooks, but we dream with our heart. We collect treasures along the way that speak to us, like photos and mementos that reflect our history and our journey. This is where our story lies. That is why for so many of us, it is difficult to let go of our belongings. You can let go, once you understand that the tapestry that is woven in a room is not all you are. It is a snapshot. My gift is that I help my clients create a space for transforming their daily lives, moving furniture and accessories around the room, bringing in color, and guiding my clients to thoughtful purchases that complete their spaces in their own voices. The re-arranged rooms honor and cherish the occupants. Best of all, they bestow confidence to live and laugh in.

***The Myth Monkeys***

It's like the story of the monkeys.

**Harry Frederick Harlow** <http://clearwater-uk.com/MyBlog/2010/02/28/five-monkeys-a-banana-and-corporate-culture/> did this experiment years ago, where they put a bunch of monkeys in a cage who were hungry. There was a banana on the top of a ladder, which they had to climb up to reach. So naturally, the monkeys started climbing, and as they did, they were sprayed with ice water. The monkeys were so shocked they ran down the ladder and would not climb up again, even though they were hungry. A new monkey was added to the cage, and he wanted to climb for the banana, but the myth monkeys on the ground beat up the new monkey, so he was too afraid to climb up. Eventually, there were monkeys who had never ever been up the ladder, because every other monkey had stopped them with force. As human beings, we tend to follow the leaders, believe what other people force upon us about how we should behave and what we should think. We rarely just go for it. We hover over our crowd fear-trapped and self righteous—as if all our “good behavior” is going to save us. Nothing can save us from starving if we don't grab the banana that is waiting.

A woman needs a room to reflect in, a space to awaken her sleeping goddess, locked away from prying eyes and critical voices.

To break the mould of occupying overwhelm, awash in a life overflowing with benign tasks, without a lifeboat in sight, grab your lifeboat and get in. Whether you have a real room or a getaway walk, whether you want to write an opus or watch reruns, mark your territory and your habit.

Create an invisible or visible wall around that space, around the time you claim.

**Make your time and needs your number one priority.** Rejuvenate. Vibrate. Separate from everything else except She.

### ***Myth Mastery***

There are as many myths as there are women. Most of them are designed to dilute our power. There are women who love being in the kitchen, who love taking care of kids, and who are superb housekeepers. I am not knocking them. I applaud their talents. A whole woman is the sum of many parts, just like men and children. Each of us is an individual. Yes, we belong to society and most of us enjoy being part of a group. I know I do.

However, I don't want people to assume that I am the one who does the cooking in my relationship, nor do I want my significant other to expect me to clean like a Domestic Goddess. The truth is, I hate housekeeping. I find it boring and repetitive. I have talent and skills. So why should I be everything to some or all people? My family, friends, and clients are much happier when I do what I love. A lot of the myths we learn in our youth are about undermining our confidence, encouraging our role-playing, and denying our essence.

I have my own list of myths that are indicative of my personal experiences and personality. No doubt you have your own list, as well.

#### **Global**

- A woman needs to be pretty and nice.*
- A woman is the primary caregiver.*
- A woman needs to be neat and well put together.*
- A woman needs to be a good homemaker.*

#### **Cross Generational**

- It is a man's world.*
- A woman needs to be polite.*
- A woman should not refuse sex with her spouse.*
- A woman needs to put everyone else first.*
- A woman needs a husband.*

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*A woman needs to swallow her shame.*

*A woman needs to obey her husband.*

*A woman should have children.*

*Women can't make tough decisions.*

*Successful women are bitches.*

### **And Cross Cultural**

*A woman needs to have a top degree.*

*A woman needs to be attractive.*

*A woman needs to be a perfect mom.*

*A woman needs to keep in shape.*

*A woman needs to entertain with style.*

*A woman should not show anger.*

*A woman does not need to worry about finances.*

*A woman needs to strive to be independent and strong.*

*Women are the weaker sex.*

*It's a woman's job to take care of the household.*

Make a list of all your myths and maybe even think about where they came from. Examine them in the light of day. If a myth doesn't serve your purpose, set it free and create your own truths. Repeat your truths over and over until they become a habit you know to be true.

Myth   True or False   How can I turn this myth into a truth for me?

*"We're destined to become glorious butterflies, yet we persist in perceiving ourselves as caterpillars, opting for crawling the safer but less exciting ground, instead of allowing ourselves to take flight."*

--NAVA ATLAS

### ***Seven Steps to Crumble the Myth***

#### **1. Awareness**

The first step to claiming your space is awareness, understanding how much we as women have lived our lives based on mythology and the stories we believe. We are locked in this prison. We might not have been the ones who built the walls, but we often embrace it, we make the bars more secure. We hammer in the lines so straight, so sure, and we whip ourselves for not being better mothers, better cooks, and better lovers. As the mother, wife, and employee, we rush to rescue our children, our men, our boss, and the whole world. We hold our arms out so wide until they are heavy and tired—until we weep with exhaustion and emptiness. We long for an escape, but we can't tell anyone for fear of being "a bad mother" or a wicked woman. As women, we huddle in corners together, piling on top of one another, and often comfort ourselves by discrediting others. We belittle our own sex. We become the prison guards of our spaces, perpetuating the myths of our jailers.

If you don't have awareness, you cannot change. If you don't feel a deep aching need, the desire to find a little corner of sunshine for your soul, you probably

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wouldn't be reading this book. The knowing is the start—when you can look at yourself and know that something is missing and that only you can make the something that will change everything. It does take structure, and by chipping away for at least 10 to 30 minutes a day, you can begin the process that will open you up to connecting to your strength.

### 2. **Choice**

We choose what we want to believe and how we see life. We choose what opportunities to take. We choose hope or lack of it. We choose love. If we have awareness, we choose to love ourselves first. We choose to stop trying to change the world, and we choose to focus on bettering ourselves. If each person in the world changes one person—themselves—for the better—wouldn't this planet be incredible? We choose to see good in others. We choose to live our lives in fear or in courage. If you want to make a difference in your life, then choose to take charge of your mindset and your moments. Millionaires, women who break glass ceilings, arrive because they choose their goals.

### 3. **Truth**

Truth is an essential ingredient in the awareness and choice recipe; if you can't see what you need to change, then how can you grow? If you think that your life sucks because of the people in it, you are right. The only one who can change that perception is you. If you want to live a conscious life, you must be able to look yourself in the mirror, but unlike the wicked stepmother, you must be open to hearing the truth. Flying takes so much strength, courage, and belief. Life really is like a fairy tale—reality is based on belief. If you believe you can do it, you can. Nothing external, and that includes other people, can stop you if you know you can do it. So if you want to fly, you have to harden your protective shell. You have to get

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really friendly with truth—your fears, your weaknesses, and how to overcome whatever it is that is holding you back from flying.

### 4. **Desire**

Do you know what you want? Do you know what you really feel? Are you connected to your physical self?

Our bodies are transmitters of our souls, our inner selves. Our inner Sacred Spirit is very aware of what we want. She is not afraid. We have covered her up in so many layers of garments and embellishments in denial. We have created a kingdom of shame, so that we don't look upon our desires. We talk about desire as our base nature, or the animal in us, like it's a weakness. Desire is healthy and very natural for humans. We are part of the animal kingdom. Look at dogs and cats—why do we love them so? They are transparent. When they are happy, they wag their tails. When they are hungry, they run to their bowls. They are connected to their desires, and they don't have human walls of shame to bury themselves behind. Know what you want and how to ask for it. Don't worry about what others think or do. Be focused on your desires. Think about who you are under your layers of camouflage, and allow the real you to have a voice in your life.

### 5. **Decision**

Know what you really want—listen to your heart, not your head. Lock the rules out and let the real you stand up, even if it's a very small thing, like taking 10 minutes a day to read, or eating that juicy fig, having a long soak in the tub, walking in the park. Make a pact with yourself to honor that decision. If you decide to go back to school or

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get fit, work through your negatives and knock them down one by one.

My friend, Harriet, told me, "I had showered in the morning, and I took another shower in the afternoon, I'm in the shower, thinking to myself, 'Why haven't I done this before? Why haven't I taken a shower in the p.m. and pampered myself with the scrub?' And I thought to myself, 'I never did because I never gifted myself the time, even though it's something that I love, and I felt so good afterwards.'"

Give yourself the gift of not only recognizing an indulgence—an act of self-love—but also make the decision to DO it. One of the most difficult things for me is to stop thinking so much and just take action. I have learned from Baethe Davis that making a decision is the key. It doesn't matter which decision you take, as long as you make one. Not making a decision can be poisonous; the problem, pain, or fear doesn't go away—it grows bigger in the dark. If it feels right—if your body says yes—keep a decisive journal, find a decision buddy, or calendar, give yourself a finite time and declare!

### **6. Action**

After the decision is made, you will feel like air has entered you soul and your caterpillar will start to rise. Power comes from intention, the decision that is made from instinct. All that is left is action. Taking action may involve some investigation—if you want to take a class or learn a new skill, you might need to research options or prices. Maybe you have limited resources—take the first step and ask people for help. The world is full of people waiting to help you. Let people know what you want. Very few people can read your mind. Make a list of your goals, and then use mind mapping or a list to explore your options in getting where you need to go. An incredible thing happens when you decide to take charge of your life no matter how small the step. The Universe

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delivers clues and the right people to aid you. Know that no one can propel you but yourself, and no one can stop you but yourself. Buts are not allowed in the action hall of an aware woman.

### 7. Celebration

Once you have taken action, your first baby steps, celebrate. Pluck some flowers from the garden and put them on your table. Drink a glass of bubbly. Eat a chocolate or reward yourself with a walk. Recognize that you have taken a huge step to kick myth into the forgotten corner; you have taken a giant leap for you. You are good enough, you are connecting to your inner Goddess, everyone should rejoice—a happy woman is fulfilled. We can all be better, do better, and laugh louder when we have the pulsating energy of being in control of our own lives, even if it's just one window in a dark house. With every step toward your growth, more windows will light up.

The truth is we have a choice. Yes, it is often buried under a pile of rubble. Finding the confidence we lost as young girls will make us worthy enough to soar, special enough to count, deserving enough to be selfish—to take time to nurture ourselves.

Let go of worrying about "the good opinion of others." Of course, we want to be decent, considerate human beings, and that is desirable. I think most of us have an innate sense of decency and fairness. Recognizing that in others is often easy. Do you recognize the good in you? First, we have to see the value of our own opinions and wants before we begin to look abroad. Sometimes the only myth we need to let go of is guilt.

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*Women have been taught that, for us, the earth is flat, and that if we venture out, we will fall off the edge.*

Myths are ideas and concepts that other people have used against us, or that we have used against ourselves to stop us from eating the banana. Don't hold onto a myth just because it came before you.

You can be whom you desire if first you master your myths.

- 1) Know your myths. List all the myths that hold your feet to the ground.
- 2) Let go of what no longer serves you.
- 3) Rewrite the rules – your life, your truths.
- 4) Give yourself permission to take time for yourself.

**SELFISH ACTION:**

***Find Your Color to Banish Myth***

Find the color that makes you feel happy—try one of these activities to get your color juices flowing.

- What color do you choose when you get a manicure?
- Visit the paint store to check out a chip.
- Open your closet and look for your favorite scarf.
- Take a stroll to some stores that excite you.
- Walk down the garden path. Nature is full of surprising colors and combinations.
- Get on the Internet and check out an inspiring fashion blog, like Sartorialist, which can be found at:  
<http://www.thesartorialist.blogspot.com/>

You can bring in this favorite color in a tiny way with a little dish or go wild and paint a wall or a whole room. Drapes are a great way to bring in a big punch without painting. If all your furniture is pretty basic and boring, color in a pillow or a rug will brighten up your room.

Do you have a '**Sanctuary of Chic**' to help you create boundaries? Or are you an exhausted over giver with no room for you? There are many ways to create boundaries that express your voice within and without so you have enough room to be more confident and live a life you love. Visit [www.JenDuchene.com](http://www.JenDuchene.com) and click on the Services Page to see if Jen can help you create yours.

Jen Duchene is an internationally acclaimed speaker, Le Chic Lifestyle & Design Expert, Polite Woman Extraordinaire, and Radio Host of Le Chic Speak. Jen's book Le Chic Cocoon: 7 steps to creating your Selfish Space is the go-to guide for Exhausted People Pleasers who are ready to find freedom through Personal Space & Polite Power Rules.

Her impressive credentials include being named one of the Top 20 Interior Design Firms by San Jose Business Journal, being featured in Home Builders Magazine, and regularly appearing in the media.

This is the first chapter of Le Chic Cocoon the book. You can buy your copy [here](#). Questions or comments feel free to contact author at [jen@jenduchene.com](mailto:jen@jenduchene.com) Get your copy of her free report 3 Ways to say NO without being Pushy or a Pushover at [www.JenDuchene.com](http://www.JenDuchene.com)

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