RYBL PODCAST COMPANION
EPISODE 327

How have societal expectations about age-appropriate dressing affected you as you've gotten older?

Judith mentions feeling like she's still in her twenties, despite seeing a different image in the mirror. How does this discrepancy between self-perception and physical appearance impact one's sense of identity and confidence?

The conversation touches on the pressure to maintain a youthful appearance. How do societal standards of beauty contribute to this pressure, particularly for women?

Judith suggests embracing the concept of "aging ratchet" instead of "aging gracefully." What are the implications of this mindset shift, and how might it empower individuals to redefine their relationship with aging?

How does the use of filters and digital editing tools distort our perception of beauty and aging?

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What do you think about the societal expectation for women to cover up certain parts of their body as they age, such as their arms or legs?

Judith mentioned the concept of dressing young and the ambiguity surrounding what it means. How do you define "dressing young," and do you think it's fair to impose such expectations on women?

Judith talks about "advanced style" among older women who maintain a clear sense of their personal style. Do you think society celebrates this type of individuality enough, or is there still a stigma around aging and fashion?

Jill shares a specific outfit from her past that made her feel confident and powerful. Can you recall an outfit that had a similar effect on you? What made it special?

Judith emphasizes the importance of practicing self-kindness and allowing oneself to experience joy. How do you think this philosophy applies to fashion and personal style?

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