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by VN
Editors

Featured Blogger: Lisa Cole Knows What's Under Your Clothes!

May 16, 2016 at 3:15 pm in Other Topics by VN Editors

As a teen, Lisa Cole wore a size 38G bra. Let that sink in for a moment.

Teen. 38G.

Only those who've lived with large breasts — and poorly fitting, not-properly-supportive undergarments — can truly understand the struggle, embarrassment and restrictions a 38G can bring. Fortunately, Lisa's mother came to the rescue, finding her the professional help she needed.

"I was ... miserable. I could never find a bra that fit and my clothes were one size on the top, and another on the bottom. My mom was my advocate and found a professional bra fitter. Finally, 'my girls fit.' My body image and self-esteem was at a low until this small BUT IMPORTANT change occurred."

Later in life, Lisa opted for breast reduction surgery — a change that meant that she once again needed to find the perfect, supportive fit for her new shape. The struggle was real, but she used it as a learning experience.

Today, Lisa draws upon her experiences to help other women with [Uplifting The Girls](#). Her blog is an extension of her business as an expert stylist specializing in bras, shapewear and more. Lisa is passionate about helping women feel better about themselves — especially those who're breast cancer survivors.

In fact, she was featured in the book [Crazy, Sexy, Cancer Survivor](#) where author Kris Carr called her a "lingerie-fitting and mastectomy-form fitting expert" and praises Lisa's attitude when working with those who've recently had a lumpectomy or mastectomy. In the book, Lisa is quoted as saying:

"It's about celebrating the fact that you are a survivor. And often I say: Girlfriend, you should even buy a thong! If you were a crazy,

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sexy, hot mama before, there's no need to change."

Helping women thrive, whether or not they've had breast surgery, is an area of passion for Lisa.

"I never imagined I would be transforming lives... I know what it feels like when you don't love how you look. I help women see the possibilities when their bras fits properly. I love it when a woman looks into the mirror and says, 'Wow, I look amazing.'"

Her pro-women, positive, body-positive attitude permeates her online advice, which she shares freely on several sites including her own blog as well as Vibrant Nation. She recently contributed [5 Bras Every Woman 50+ Should Own](#), where she provides advice on balancing cup style with slimming bands to make wearing trends easy.

We caught up with Lisa Cole and asked her these questions:

What makes you a Vibrant Woman?

I am embracing my age with power and joy. I am so excited to be in a time where there are NO limits for women who are 50+ and better. I consider myself a confident vibrant woman.

What's the best advice you've ever gotten from another woman?

My mom taught me to be my own best friend, and be an original. **Never wish you were somebody else. Be you, be proud.** I consider this wise counsel, and it has worked.

What's your best "advice for life" for other women?

Reinvent yourself every couple of years. Don't be afraid to take a risk and do something different. I believe it's the key to loving your life.

What are you most proud of accomplishing?

I became a consultant/employee while working for Nordstrom. It gave me the inspiration to launch my business, and never look back. I am forever grateful for their belief in me. I am doing what I love. What a gift.

What Vibrant woman do you most admire?

I have so many, so I would have to say the entire village of women who are living life to the max, and embracing their age and stage of life gracefully. Keep going... Follow Lisa...

- **Blog: Uplifting The Girls**
- **Pinterest: Lisa Cole**
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Glenda K. Harrison said on July 11, 2016

It's a beautiful thing how He always uses us. We may not understand the pain we have to endure, but in the end, there is always meaning behind the struggle. Your story is very touching, Lisa.

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Lisa Cole said on July 12, 2016

Thank you Glenda. Yes, it's about the journey that gets you to your best life! Thanks for sharing. LC

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