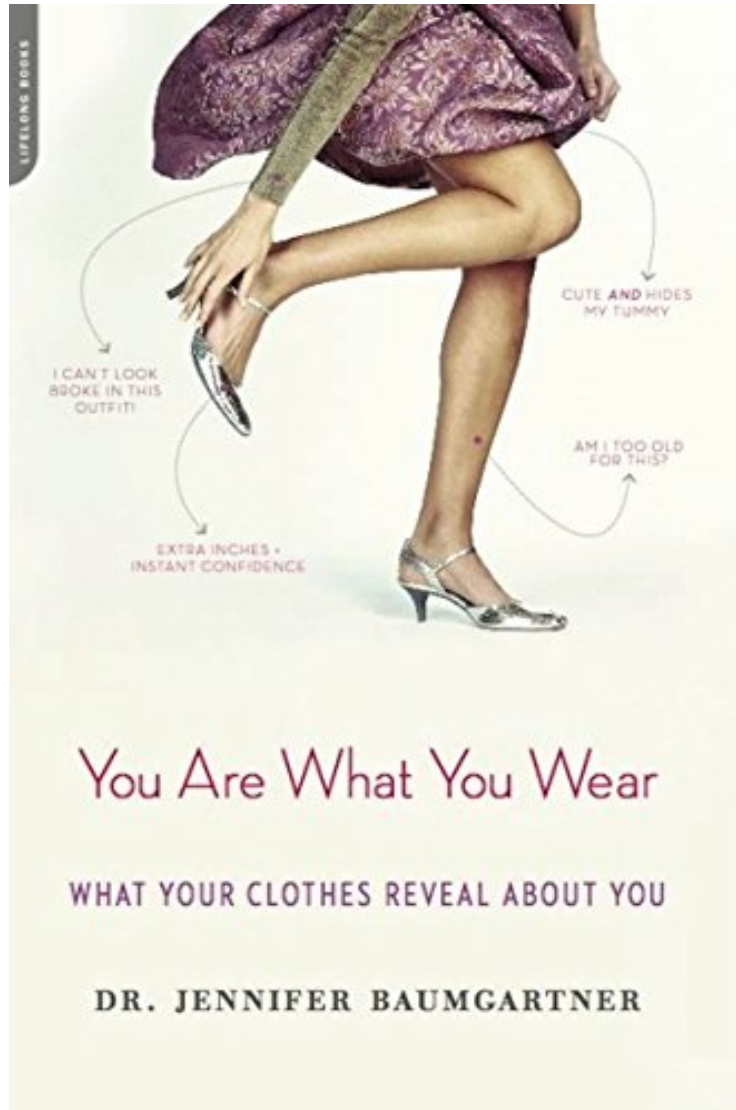


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You Are What You Wear: What Your Clothes Reveal About You

Jennifer Baumgartner

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Jennifer Baumgartner : You Are What You Wear: What Your Clothes Reveal About You before purchasing it in order to gage whether or not it would be worth my time, and all praised You Are What You Wear: What Your Clothes Reveal About You:

37 of 39 people found the following review helpful. Enjoyable and useful! But not all of it will apply to you. By Celine Derudder I had fun reading this book, and I did purge my closet afterwards, although I thought I already had done a good job of that not so long ago, which just goes to show! The nagging voice of reason - or shall I say J. Baumgartner - was stronger. So, it works. There's even a 20-steps-to-purge-your-closet that's pretty perfect. How the book is structured : the main eight or nine reasons why we find ourselves with too many/too small/ too "young" or

"old" clothes... each have their own chapter. Of course, the most popular/common reasons come first in the book, and they're also by far the biggest chapters (and let's face it, if you buy this book you're likely prey to the first reason - namely, buy too much stuff). Each is interesting and illustrated by the story of a certain client. There were no real clichés; it was relevant and went to the bottom of the matter. The only thing is out of the different reasons listed, only a couple will apply to you. So while the rest of the book is still very interesting and gives you the complete picture, some things won't be directly relevant for you. However, I certainly didn't mind, and I don't see any other way the book could have been written. 10 of 10 people found the following review helpful. Very Helpful Guide
By Meggo13
I was able to follow the steps she outlined to go through my wardrobe and I identify the problem areas. The way she set it up is helpful because you can skip right to the section that sounds most like you. I read all of the sections whether they applied to me or not and found useful tips from every chapter. I no longer stand in front of my closet and complain that I have nothing to wear and that's after I gave away 6 trash bags full of clothing. In a short period of time I was able to make a dramatic change to my appearance and I can already feel it reverberating inside with a lighter, brighter, more confident version of myself. I highly recommend this book to anyone seeking to pull themselves from a rut whether fashion related or just life in general. Great read!
3 of 3 people found the following review helpful. Much More Than I Expected
By Amanda
I found this book exceptional- and there are not many books in the "self help" category - in fact none- that I have put here. Well written with case histories by an intelligent woman who loves what she does with good advice. This advice also, I believe, crosses generational "gaps" so it is relevant whatever your age. She is not fussy about size, economics or stage of life but it is primarily a woman's book - it would be great if she wrote one for men - I would be first in line to buy it for my husband!!

Most every woman has found herself with a closet full of too many clothes or surrounded by brand-new items that somehow never get worn. Instead she gets stuck wearing the same few familiar pieces from a wardrobe that just doesn't feel "right." Dr. Jennifer Baumgartner argues that all those things are actually manifestations of deeper life issues. What if you could understand your appearance as a representation of your inner unresolved conflicts and then assemble a wardrobe to match the way you wish to be perceived? In this fashion guide that is like no other, Dr. Baumgartner helps readers identify the psychology behind their choices, so they can not only develop a personal style that suits their identity but also make positive changes in all areas of life.

Phillip Bloch, fashion expert, author TV personality
"If your wardrobe isn't working for you, don't go off and buy another piece of clothing, buy this book! The answer to the age-old question "What should I wear?" is right here. An insightful, informative, and relevant approach to dressing yourself when you just don't have your own celebrity stylist."
Dr. Robin Zasio, PsyD, featured doctor on the AE hit series "Hoarders"; and author of "The Hoarder In You"
Dr. Baumgartner gives us a captivating look into the psychology of what we wear. Her perspective is insightful and relatable, offering a unique opportunity to unlock this complex relationship.