

(Free and download) What you wear can change your life

What you wear can change your life

Trinny Woodall, Susannah Constantine
*ebooks | Download PDF | *ePub | DOC | audiobook*

 Download

 Read Online

#794120 in Books Riverhead Trade 2005-02-01 2005-02-01Original language:EnglishPDF # 1 9.25 x .69 x 7.06l, 1.10 #File Name: 1594481482264 pagesClothes | File size: 44.Mb

Trinny Woodall, Susannah Constantine : What you wear can change your life before purchasing it in order to gage whether or not it would be worth my time, and all praised What you wear can change your life:

18 of 18 people found the following review helpful. Another great in the WN2W lineup!By cheri626I adore Susannah and Trinny. I have 4 of their books (What Not to Wear, What Not to Wear For Any Occasion, What You Wear Can Change Your Life, and Trinny and Susannah Take on America), plus watched their TV show.We were in a meeting last week, and the woman who was speaking was breaking nearly every rule in the book(s). It was so obvious, and had she known the "rules", it would have cost her no more money to pick out properly fitted clothes. Instead she wore awful, clunky shoes, tapered, too-short pants, a turtleneck, horrible blazer, and had her hair up in a clip. Give her some pointy boots, long/boot-cut trousers, a jacket with appropriate lapel and buttons, ANYTHING other than a turtleneck, and let her hair down, she would have looked fabulous! No more work to look a 100 times better. It really is that easy.If you are starting from the beginning, I suggest you start with the first What Not To Wear book that focuses on what to wear for your body shape. I would highly recommend What You Wear Can Change Your Life as a companion. Remember that Trinny and Susannah do not follow the trends like so many others. They believe that you should dress for your shape, and adapt trends to what flatters YOU. It is not a short-term fix. These are classic rules that will help you look fabulous for a very long time!It starts with undergarments, and I love that they don't wear dainty little nothings under their clothes. We see how Susannah has shaped her body with the properly fitted undergarments, and it makes me feel better that I'm not the only one who needs tummy-tamers and butt-lifters!The color section confuses me a bit. This is the part that I'm still getting the hang of, and one of the reasons why I only

gave it four stars out of five. None of their descriptions fit me exactly, so I'm not 100% sure. But only time will tell. It really is about practice, and playing with color. The Culling section was OK. It really is common sense, but it is a good visual reminder of how we need to be more critical about what we let take up our precious closet space, and to be more realistic about what we will actually ever wear again. The Accessories section is really great. I wish they had these in the first WN2W book! They cover purses, shoes, jewelry, scarves, and belts. I also enjoy the Storage, Traveling, and Pregnancy chapters. I'm looking for a new armoire/wardrobe, and I'm going to incorporate some of their suggestions when I re-organize. I hope you enjoy reading these books and incorporating their suggestions into your life as much as I have. When I finally began dressing to my shape, I instantly began getting compliments. I never wore much jewelry before, and now people are always asking me where I purchased them. It may sound frivolous, but there is so much negativity in our lives, that it is nice to feel good about something. It gives you a lift, and does indeed change your life in many small, and large ways. 4 of 4 people found the following review helpful. Why this is the BEST Trinny and Susannah Book

By Janet Rae Montgomery I have owned this book for 5 years. I keep it on my nightstand and I refer to it on a weekly (and some weeks daily) basis. It is freaking wonderful and much the best of any of their books. I use the color section constantly. No, I never had my colors "done" but rely on their advice for mixing and matching and choosing appropriate contrasting colors to come up with fabulous combinations I would never otherwise have tried. On the strength of their ideas, I have bought new bras, purged my closet (latest trip to resale shop was 11 garbage bags of perfectly good clothes -- many with the tags still on -- all due to a massive weight loss, but what I kept and what I shop for is all out of this book). I find this the least critical and most encouraging of their books (ALL of which I own). They have changed my life with this book and encouraged me to be the best possible me I can be. GET IT!

2 of 2 people found the following review helpful. Indispensable

By Trixie How sad am I to see may not continue carrying this book. So very sad. I got this after a friend raved about the color chart in it. I thought there was just one chart. In fact, there is one for every color--and the variations within it. Don't know what to pair with those bubblegum pink pants you bought? Turn to page 86 and see that purple, orange and forest green all can be successfully combined with them. Pistachio green? See page 72. And so on for pretty much everything in your wardrobe OR for items that you've thought of buying but weren't sure what to pair them with. Plus the authors themselves take turns posing in every color family and give some great suggestions. There's literally something you'll use on every page. But there's more. Find out what type of shoes, belts and jewelry work best for you, how to store clothes and accessories (I'm definitely taking their advice on necklaces and scarves), tips on all steps in the makeup process (and sorry ladies, but I'm not throwing out my bronzer) and how to hide all manners of figure flaws. For the flaws segment, the authors themselves once again bravely model so it's impossible to take offense. Throughout, Trinny and Susannah display more wit, charm and warmth than you might expect from a fashion how-to book. I can't emphasize enough how helpful they've been. I have the book from the American version of the show as well and while it too is very helpful, this one is my favorite. The only complaint is some of the information might be a bit too geared towards women with fair skin and hair (as both the writers have.) The friend who recommended it to me is African-American and while she swears by the color charts, she says some of the advice simply doesn't work for her. Since the authors are the only models provided, this can be limiting if you are trying to imagine a look on darker skin and/or hair. So do keep that in mind. (Having said that, my friend still loves the book)

FROM THE STYLE GURUS WHO TAUGHT YOU WHAT NOT TO WEAR... TRINNY AND SUSANNAH ARE BACK--AND THIS TIME THEY'RE NOT FOOLING AROUND. THEY'RE OUT TO CHANGE LIVES. Here is the "bible" from the authors of the New York Times bestseller *What Not to Wear*. *What You Wear Can Change Your Life* shows you how to redefine your look and style from head to toe. Trinny and Susannah go over the basics of choosing colors that suit you best, what underwear to buy, which accessories to look for, how to store clothing, how to revamp your wardrobe at no cost, and how to make the sartorial most of being pregnant. This is a gorgeous, lavishly illustrated package--a resource to consult again and again. Trinny and Susannah anticipate the needs and questions of every woman and address them with the surefire style, self-deprecating wit, and friendly but firm empathy that have made them the last word in looking better. Topics covered include: - Defining the Shape - Underwear - How to Wear Color - What to Keep, What to Toss - Accessories - Storage - Make-up - Travel

About the Author Trinny Woodall and Susannah Constantine are fashion journalists and hosts of the BBC America television series, *What Not to Wear*.