

Trinny & Susannah

What your clothes say about you

How to look different,
act different and feel different

Trinny Woodall &
Susannah Constantine

BBC

what not to wear



Susannah Constantine and
What Your Clothes Say About You



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Susannah and Trinny can tell how you are feeling about yourself by how you dress. When you look different you will work different, when you act different you will feel different. Susannah & Trinny's last television series attracted 5 million viewers and EVERYTHING YOU WEAR CAN Transformation YOUR LIFE sold a lot more than 400,000 copies. It shows how exactly to re-tune your appearance to be able to tell the globe you are who you intend to be. You might not always be dressing badly, just stuck in a 'appearance' - and knowing how to improve that will help you progress and be who you would like to be. This book displays how to project yourself in a positive method through your clothing. The new series will become screened on BBC1 in September 2005.



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truly a fun read I found this book to end up being an absolutely lovely commentary on some American stereotypes, also to contain fabulous assistance on how to improve our not merely our looks but also our self-value and well-being. It seemed like a throwaway reserve they concocted to create money, and I threw it apart. They had some fine makeovers, however they did not even always use real people, just themselves dressed as stereotypical Us citizens. the woman whose greatest years were in the '80s and so strives to relive them through her wardrobe... The authors begin by assuring the reader that these really are exaggerated characters, therefore we are able to more easily observe how a certain design may be, well, significantly less than flattering. There's always time for a fresh start--one that could prompt a complete new positive stage in your life. Just buy it. The 'before' and 'after' photos are actually inspiring. I especially liked just how they matched up colours and patterns, and accessorized their models (often themselves) so appropriately. Bravo, Trinny and Suz! Trinny and Susannah provide straight talk, which is definitely what we have to shake us out of our ruts. A lot of fun to read This book is well organized and a quick read.) Their suggestions is down-to-earth rather than judgemental. I would suggest this publication to anyone who must update her look, or to anyone who has learned anyone who needs to update her look....) This book does not simply explain the errors in self-presentation that so many women commit...a real treat. Not their best book We was pretty disappointed in this book. the "larger eccentric" who craves interest; There's a small amount of many of us in lots of of the people presented here -- the occupied mother who lets herself move; I'm right now realizing that I can move forward and become just as attractive and stylish as the even more grown-up edition of me. They inspired me to clean out my closet and I've gradually begun buying clothing to enhance the me I am right now, not the me I was in the past. It strikes at the root of *why* females talk themselves into searching terrible, actually gives great advice on how to modification your self-image as well as your presentation, and every page is usually funny.")When TRINNY AND SUSANNAH UNDERTAKE AMERICA: WHAT YOUR Clothing SAY ABOUT YOU came out, I thought that just a few of the sections in the publication would connect with me. So I really sat right down to go through the publication and it had taken me significantly less than an hour. In a nutshell, the book enters the nitty gritty of the psychology of appearance and just why women make crucial mistakes, mistakes that transmission to the globe how they feel about themselves at any moment and what their fears are. Whatever your concern, whether it be dressing too youthfully, as I once do, losing touch with your femininity due to the pressures of motherhood, or just giving up because your body isn't what you'd like it to become, Trinny and Susannah will provide you with inspiration to look at your physical appearance in a fresh way. Then they display how easy it really is to make small methods toward a more flattering and suitable style -- and these small steps make an environment of difference.) Actually, every time I go through a Trinny and Susannah publication, I thin some more old products out of my closet. The main thing the girls possess helped me realize is that even though I've passed the big 4-0, I need not fade into nothingness. Extremely Insightful View Into Psychology of Clothes After reading EVERYTHING YOU WEAR CAN CHANGE YOUR LIFE, I became a fan of Trinny and Susannah and bought all their books. In fact, I'm realizing that in lots of ways, this is usually probably one of the best times in my life--the time when I have the confidence to outfit like a sexy, competent woman. Trinny and Susannah are simply just fantastic motivation and I'm now acquiring them as my design mentors. In short, in the event that you read this book carefully, you'll find your issues through the entire book and it'll inspire you to look at yourself in a new way. After scanning this reserve and poring over the photos, I came across

myself ditching the ugly pantyhose in favor of fun fishnets, looking for a bright-colored handbag to displace my year-round utilitarian black model, and seeking out a patterned jacket to replace my old standard (once again, black. Three Stars ok Five Stars love the girls

Opened my eyes Opened my eyes; I did so learn alot from them. This book was a different consider than their show. I did love their show when it aired in the US. And I purchased new clothes. Yet when I acquired it home and also read each section cautiously, I realized that therefore much of the guidance in the book spoke right to me. So dissapointed. At least in the TV series you got a look at several outfits that could suit the individual, however in this publication you get a set-up poor shot and "how wonderful" only 1 after shot. You get Trinny and Susannah hiding behind wigs and glasses. If this have been their first reserve, this might have also have been their last!!!If you like examples and photos for every body type check out Bradley Bayou "The Science of Sexy", just what a resource of what things to wear for casual, profession and formal. It shows you how to become all covered up, but looking great. Fun Fashion Ideas I used to view the show Trinny and Susannah had in BBC network. Not worth the money Don't get me incorrect I'm a huge fan of the authors. I really enjoyed it and enjoyed what they had to say about dressing types. I enjoyed the clothing combos in the book and got inspiration for some new looks for me to try. Good book from some funny ladies Interesting, enjoyablenbook but their thoughts on color differ from the seasonal color evaluation systems with that i am more familiar here in the states. But that is only a fund raiser for them between jobs. good-not as effective as what not to wear, though I actually loved the What Not to Wear books. We're counting on you! Thank you. It's not just about finding the right clothes; I enjoyed how they had taken into account someone's comfort zone and translated it. Very fun! This reserve is good, too. (Boxy jackets, big shoulder pads, and anything prairie-looking have to go! Will need to have this one As I've said before, they have a style all their own and so are so much help those of us that flounder around trying to find ours. It was published over ten years ago however the principles hold true and the suggestions are still very good. Keep developing the beautiful books! some nice suggestions. I didn't realize what my sloppy dressing was stating about me. I loved it, We howled. It required about a quarter-hour to look through, and I idea I must have missed something. Many of us *do* need to be told that a footwear with a heel can be comfortable, that fitness center shoes and boots don't go with denims, that longer locks isn't better if it generally does not flatter that person. (Yup, that's just about everyone!that is a book that has a right to be passed around any office, the school staffroom, the family. (It turns out that I was among those females who dressed such as a "lamb," even though I'd crossed the threshold into fully-grown "sheep. For the woman who continuously wears baggy t-t shirts, sweatshirts, skinny jeans and tennies, they suggest a fitted tee, tucked in, with a belt and perfectly cut skinny jeans. it's about how you are feeling about yourself and how to present the perfect you to the globe. I liked racking your brains on which of the ladies in the book is like me-cherished the Before and After pics. Someone you understand really needs it.



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