

Bridgette Raes

# StyleRx



Dressing the **Body You Have** to Create the **Body You Want**

Photography by  
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Style Rx: Dressing the Body You Have to Create the Body You Want



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An illustrated guide to fashion explains how to use clothes to overcome person body problems by creating a personalized look and style, presenting more than 250 photos and fifteen sample case research to help women understand their bodies and prescribe cuts, colours, and fabrics designed to enhance the greatest look. Original.



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Actual new stuff here!. Raes doesn't simply slice women into four shapes--she dissects each part of one's figure, and advises how to proceed to highlight or minimize its appearance. Helpful Dressing Hints This book has been an eye-opener for my clients as I keep it in the waiting room. Pretty good I love that the book shows style choices for the different figure types. Knowing your body proportions (Flatter Your Shape by J. If you would like to wear items that are trendy, and shop (or read design books) for entertainment--don't buy this publication. If you want color pictures with modern styles, you won't like this. Pretty good information however the book and illustrations have to be updated. but if you want to make the best choice, and use concepts that stylists make use of, this book will spell it out. Watching the display, What NEVER TO Wear, or just looking around you, it's obvious many women have no idea or don't care. I enjoyed this book a lot more than I thought I'd! You are never made to feel poor about any body part, rather you are well educated on how to look your very best-which in turn will make you feel your best! I haven't go through it yet, but Bridgette is a great stylist, so it is probably packed full of great advice. I have a list, I know what I'm searching for, I expect my money will become well spent. For dressing your body type, can't be beat About the negative reviews. Larkey will provide you with precise guidelines if you don't know), this book demonstrates how to camouflage much less attractive proportions to cause you to look better. and 2) individual problems (wide hips, narrow shoulders, high waist, etc. What produced this book stand above others had been 1) the side-by-side photographs (not illustrations) with real people, showing body characteristics with clothing that accentuates the disproportion, and clothes that minimizes it;) rather than basic apple, pear, string bean are given so you can individualize the recommendations to your own body. This functions; If nothing at all else, the chapter on big calves made it a worthwhile purchase. and how to find which prints/patterns function for your facial features (large or delicate). IMO having color would cloud the problem since you don't desire to be influenced by anything but the idea being made. I would recommend this book to any woman of any age and physique. As I am on trips, I see when ladies get it right, and when they are dressing themselves to look also shorter, wider, etc. Influenced by the fashion industry, we spend extreme money on cheap stuff that make us look poor because we aren't constructed like models. If you understand this intuitively--it's old news. I notice that celebrities who appearance great on television when someone else is dressing them, possess number flaws that show if they gown themselves. Added tips We haven't go through elsewhere are about one's coloring intensity, which affects which clothes clean you out because of their contrast level; The pictures are dark and white, and styles are not trendy, however the "do" and "don't" photos right following to each other make the point. Photographs again speak volumes. When I appearance at fashion ads today, I visualize what the outfit would look like if the model had short hip and legs like me. But I am influenced by ads and things I really like that aren't flattering.. This publication has made me even more thoughtful about purchasing when previously I wandered aimlessly among racks. It addresses body proportions, facial features, and high and low contrast coloring. Initially, it's harder, more contrived, much less spontaneous, but I'll spend much less, look better, and be happier in the end. I just wish the pictures had been in color." That's what she will and she appears great. But she's 5'10," with narrow hips, properly proportioned and has very long straight blonde hair. Real and practical guidance for real people with real bodies Wow! And there's nothing incorrect with that! it's what stylists do. Purchase her publication and empower yourself to make better choices that will not just improve how you look but may also improve how your home is. In addition to good, practical advice using photos of women who appear to be "real" people, not really models or emaciated, moisturized skeletons, the author is quite body positive. But if you're not built just like a model, and you intend to look the best you can, the concepts in this book usually do not lie. All in all, a great feedback loop. The book raised my awareness.. The book will probably be worth every penny, a lot more so than "How Not To Look Old. The designs in the photos are dated, and the photos don't always illustrate the idea as well as one would like, but as a consumer of this sort of publication for decades, I learned SO very

much I never knew.."Today, if only I actually lived in NYC and may have an individual consultation with the author..Bonus: after seeing why some clothes are wrong for me, it's so easier to purge my closet. Mixed feelings This book had good information on dressing to look your very best. Find Another Book Very little fresh information and without color photos, not useful at almost all.. I read all the chapters and actually got a lot from every page. She factors the reader in the proper direction to visually correct figure flaws. I liked the way that her book was structured.the book was very aptly named. Particularly, I found this true toward the end of the reserve when all of the models were in white t-shirts and jeans in their "before" pic. First, color photos. You have to use your creativity when searching through the section on color and pattern intensity because black and white photos just don't do it justice. but Bridgette is a superb stylist, so it is probably packed filled with great . I could read the print on the next page without in fact turning. Third, a few of the before pictures of the women actually looked much better than the after.Three things that would have given this five stars. Most of them (though definitely not all) looked classier in the denim jeans compared to the final outfits which were supposedly correcting shape flaws!! It's black and white. Personally, I like an elegant look, and the author sometimes clothed the models in more trendy, less-than-interesting clothing.Overall, my daughter and I both enjoyed this go through, laughing together at some of the author's humorous sights. The writer was on target with body flaws and their remedies. Pretty good! Of course you like designs that don't flatter us; Second, thicker pages... It's dated. Thank you. The product was exactly what the listing said it could be (the page previews helped) and it came in the problem stated.Have a look at her blog for even more updated fashion advice! My daughter says, "Why don't you just buy what you like? Of especial note will be the parts about choosing textures and prints predicated on your appearance--way even more refined than any additional evaluation I've read. They possess gotten more from it than I have and that's best for any business. I really do a lot of public speaking as an Editorial Consultant, and how I dress quite definitely affects how people strategy and perceive me. Style As a kind of Empowerment Hiring Bridgette Raes was among the best business decisions I made. The concept is easy to understand and the illustrations supply the visual proof that the right style of clothing can enhance our body type. Much of what Bridgette taught me in our one-on-one discussion is in her fabulous publication, Style Rx. Before I caused Bridgette, I actually hated to shop. Right now, I still don't want to shop but I understand exactly which stores, designers, patterns, fabrics, and colors function for me, and (equally important) which don't. Therefore shopping requires a mere fraction of what it used to BB--before Bridgette! More to the point, I function for myself and don't have the blissful luxury of time to spend on shopping. For Bridgette, style isn't about style, it's about empowerment. While I'm slender all over, I inherited my mother's large calves and hefty ankles.



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