



You Are What You Wear

WHAT YOUR CLOTHES REVEAL ABOUT YOU

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



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Most every female has found herself with a closet full of way too many clothes or surrounded simply by brand-new items that somehow by no means get worn. Baumgartner helps readers recognize the psychology behind their choices, so they can not only create a personal style that suits their identity but also make positive adjustments in all regions of lifestyle. Jennifer Baumgartner argues that those things are in fact manifestations of deeper lifestyle issues." Dr. What if you could understand your appearance as a representation of your inner unresolved conflicts and assemble a closet to complement the way you desire to be perceived? In this fashion guide that is like no various other, Dr. Rather she gets stuck wearing the same few familiar parts from a closet that just doesn't feel "right.



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A different take on identifying style Another book on style that I must say I enjoyed. The author is usually a psychologist who helps females identify their wardrobe problems as symbolic of other issues they could need to address within their lives, like a woman whose closet screams with expensive designer logos as a way to prove her worth as a person (to herself, more than to anyone else). These suggestions also, I really believe, crosses generational "gaps" so it is relevant whatever your age. Five Stars Inspiring and worthy. Rather, this book is an excellent way to look at your style within who you are as a person, and how addressing issues "from the inside out," as the author says, can help you come up with a wardrobe that really reflects who you are. Great book I loved this book. The only thing is out of the different reasons listed, a couple will apply to you. The writer cites a wide variety of psychological research throughout the book and delves in to the specifics of her own client's stories, so you are not just skimming along with generalizations the complete time. I felt like I was reading Cosmopolitan, and it experienced some articles about style psychology etc. I always enjoyed watching the display "What Never to Wear. Worth an instant read if you want motivation to stop dressing like a slob/teenager/for the wrong decade, but nothing groundbreaking. Much A LOT MORE Than I Expected I came across this book outstanding- and there aren't many books in the "self help" category - in fact none- that I have put here. The way the book is structured: the primary eight or nine explanations why we find ourselves with too many/too small/ too "young" or "older" clothes. Improving my wardrobe and my capability to choose better clothing! The wardrobe book you under no circumstances knew you needed! This reserve offers no superficial guidance (buy this capsule closet, incorporate these styles), this book addresses inner distress (guilt, cash, sexuality, identity problems) by identifying its connected wardrobing malady. It led me to think about the whys of my buying, organizing (or lack thereof) and dressing, and gave me practical tools to move forward. This book is 90% psychology, 10% closet cleaning and wardrobe building advice. I derived great comfort from this publication and will utilize it to change my romantic relationship with my appearance.. Great read! Nevertheless, I certainly didn't mind, and I don't find any additional way the book could have been written. The suggestion to wear high heels seemed a little bit off provided the proven long-term harm to feet. The best minute was the writer's description of her past self as putting on a bunch of designer logos until she recognized the connection to top quality cattle. There's a good 20-steps-to-purge-your-closet that's fairly perfect. So as the rest of the book continues to be very interesting and provides you the entire picture, some things won't be directly relevant for you personally. I read all the sections whether they applied to me or not really and found useful ideas from every chapter. I no longer stand before my closet and complain that I've nothing to use 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 could already experience it reverberating inside with a lighter, brighter, well informed version of myself. Unwind with this fun read Reserve your cares with morning coffee or tea with this fun browse. Some interesting insights Although the book contained some interesting insights, I'm not sure the knowledge gained was worth enough time spent reading it. Enjoyable and useful! But not everything will apply to you. I had fun scanning this publication, and I did so purge my closet afterwards, although I thought We already had done an excellent work of that not so long ago, which just would go to show! I enjoyed it, nevertheless the helpful parts for me were few, simply because I needed more scientific research and perspective. An excellent friend who owns a women's clothing store read it as well, for better insight into her clients.! Very Helpful Guide I was able to follow the measures she outlined to go through my wardrobe and I identify the problem areas. The just downside of this publication was that it had been missing a genuine

sense of summary... each have their own chapter. Of program, the most popular/common reasons come initial in the publication, and they're also by far the biggest chapters (and let's face it, if you buy this reserve you're likely prey to the first reason - namely, buy too much stuff). Each is usually interesting and illustrated by the story of a particular client. There have been no real clichés, it had been relevant and visited the bottom of the matter. It was interesting to read, and this content was insightful and interesting and went beyond the type of fluff you might expect from a reserve analyzing people's fashion choices. The way she it setup is helpful because you can skip right to the section that noises possib you. I found the link between state of mind and closet fashion enlightening. I was impressed incidentally the author could help her customers better understand themselves and embrace positive changes. Discover Your Consumer and Style Behaviors Idea provoking indeed! I skimmed many of the chapters that addressed issues I don't have (not big on costly designer logos myself), but discovered some interesting insights in chapters more relevant to me. She actually is not really fussy about size, economics or stage of existence but It is mainly a woman's book - it would be great if she wrote one for guys - I'd be first in line to get it for my hubby! So, it functions. But I must say i did enjoy every web page. This was worth getting. Improving my wardrobe and my capability to choose better clothes! Well written with case histories by an intelligent woman who enjoys what she does with good advice. Not every chapter related to myself, but certainly identified some life-long consumption behavioral triggers. I have a conversation with myself about it often! Baumgartner - was stronger... Recommend! same ole same ole. Three Stars Whateva.. This book is not a list of what "every woman will need in her closet"--I've tended to discover those lists just marginally helpful anyhow as each of us has unique wardrobe requires. Two thumbs up! Meh. It had been alright." This publication includes the same sort of specific advice on fashion and an identical "wow effect" of seeing a transformed wardrobe, but it carries a whole other coating of juicy mental insights that make it that much more fascinating. It's as effective as Cosmo, in a positive method. The nagging voice of reason - or shall I say J. You get up-close and personal and gain real insights on the way into what causes people to use what they wear and how they are able to use fashion to solve personal issues and create the life span they really want for themselves. For me personally it wasn't what I was looking for, but for whoever wants a simple guide about clothes it's a good choice, especially If you are a mom who has lost her style because of busy life with children. I highly recommend this book to anyone wanting to pull themselves from a rut whether fashion related or just existence in general. I then found out that I've been doing most everything right following my true self.



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