

"I loathe shopping so much that if it weren't for the fabled Ms. Andrea Pflaumer I would be writing this blurb naked."

—E. JEAN CARROLL, advice columnist, *Elle* magazine

# Shopping for the Real You



**10 Essential Steps**  
to a Better Wardrobe  
for Every Woman:  
Fashionistas,  
Fashion-phobes,  
and the Over 50

**Andrea Pflaumer**

Andrea Pflaumer

## Shopping for the Real You: Ten Essential Steps to the Perfect Wardrobe (Volume 1)



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Have you ever wanted a personal stylist at your fingertips? Her book, *Searching for the Real You*, distills that wisdom into this concise and comprehensive guide to greatly help her readers understand:

- How to determine which particular colors work for you
- How to pick garments and accessories that harmonizes together with your bone framework, coloring, features and character
- Which silhouettes best improve your body type
- How to gown with panache and flavor throughout all stages of life.

Andrea Pflaumer is definitely a nonfiction writer in the San Francisco Bay Area and writes about shopping, fashion, and design for numerous local, nationwide and international publications. Andrea Pflaumer's *Shopping for the True You* can help you find an ideal one - right in the mirror! This book is a useful and practical shopping companion to help you avoid mistakes, spend less, and look great in any environment. The illustrations, charts, and questionnaires make the procedure fun, enlightening, and foolproof. For more than 20 years Andrea provides studied the essential principles of clothing selection from the world's top color and style specialists.



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Requires the randomness out of shopping "Shopping for the true You" both expanded and focused the shades and styles I would normally seek out at a shop. I am over 50 and for quite a while have felt that which was in my own closet wasn't connecting with how I appeared or felt anymore, but not having period to browse and analyze, I was not changing what I bought. It's also an extremely fun book to learn and a great gift for a sister or friend who's open to new ideas. Right. This book, created in a breezy, friendly way but with very specific focuses in each chapter, showed me how to shop with knowing of my own style by giving visible and descriptive guides. and i've all the profit the world. Finally an excellent style guide that doesn't preach or create rigid suggestions ... As a former outfit store owner and personal shopper, this was a fun browse. It includes a style personality check that helps help the reader toward clothes styles that could suit their character and body type. Three Stars Just ok). As the author doesn't container anyone into any guideline, and encourages specific expression, she helps direct interested shoppers therefore they don't waste a lot of time and money on issues that don't function for them. "Shopping..." is definitely a nice follow-up read to "The Lost Art of Outfit" by Linda Przybyszewski, who shares the annals and decline of clothe themselves in the U.S. Something new and fun I like this book a lot, because although it's about a subject on which much has been written, Andrea Pflaumer has contributed something brand-new. She's discovered another design category in addition to the usual types that all the books possess - the well-known Classic, Intimate, Sporty, and so forth. style by prominent authors. Fundamentals you would have been taught by your mother or sister, but probably didn't pick up on, along the way. I'd completely recommend it if you're into style and purchasing! I've really enjoyed reading this book I've really enjoyed scanning this book. Over time, slowly, I've compiled a little assortment of books on the Art of dressing, colour & The new style may be the Ethereal/Angelic, so when I find out about it I realized that that is exactly what I am, and the key reason why I've never felt comfortable in any of the others is basically because I was an Ethereal all along. I've only recently acquired Ms. Andrea gives great guidelines for matching who all you are with what you . SO-SO BOOK I'd vote this a waste materials of my cash, EXCEPT I liked the "essence" quiz it supplied. It is not only her wonderful feeling of humour that a single senses, her warmth or the abundant knowledge she shares extremely generously that touched me and made the read thus informative and enjoyable, it is essentially her formidable capability to synthesise her vast pool of understanding and understanding into 1 small book, to make it appear simple and True.. I've also found very much wisdom in the book and especially appreciate the component of 'letting it all proceed' and her advocacy of not trying to price one artistic theory/view stage over another but to get the gold in each also to realise no one has it all. I've been able to talk about the quiz with others. This book is a gem. Not My Favorite 3 stars because i mainly bought the reserve hoping for a test or questionnaire to observe what looks best you, but realized it had been a lot of various things that move into determining what functions for you.. I enjoyed learning about the relationship between a person's features and tendencies in personal coloration to greatly help with determining design type. After reading the publication and purchasing, I came home with clothing that didn't just look like the "same old factor" in this season's color but in colours I wouldn't have viewed before that have become flattering and styles that I know I'll enjoy and will look good for many years. this was a great read. Treat you to ultimately this one.. Whether for function, play or special occasion, Andrea gives great tips for matching who you are with what you wear, encouraging freedom and versatility to combine it up a little bit as well. For those thinking about style and seasonal color analysis I enjoyed this reserve thoroughly mainly because a color geek addicted to

anything approximately seasonal color analysis or design types. I wore what made me comfortable instinctively, and I probably made a lot of fashion errors along the way. I wished to better learn how to make solid wardrobe decisions that appropriate me, not the most recent trends. This was a good primer that provided solid advice for the style beginner. In addition, the publication is well crafted and illustrated, and fun to learn along with instructive. Nothing amazing, but good advice on fashion to help you form the foundation of your style in the event you need it. But maybe it is because I've read so numerous others that I so appreciate the task that went into this little gem of a publication. The answers that were I'm all over this. I'm home there. All of those other text is similar to that which There is in other books and online resources. not even combinations! I found this to be always a fun and pleasant read along with helpful! Finally a wonderful style guide it doesn't preach or create rigid recommendations for dressing well... Best book of it's kind What a phenomenal reference! Quite an art..however, not a problem...I plan to create some of my own!!!not my favorite Good Primer I'm a person who was never tuned in to fashion. The author added to my understanding and clarified some issues. It suggests employing a professional. There are great resources at the end. Five Stars I learned what can not work and what will! Oh boy, achieved it make a difference! It offers a style personality test that .. Also it feels its geared toward older girl, like 40+ calendar year olds. The author covers a whole lot of factors that are ambivalent in additional color analysis booksI just have one issue: I don't fit into ANY of the archetypes. A well crafted and researched book. That is a book of integration which seeks to not just clothe the physical body but to include the personality and rich specific interior... the energy of a woman's spirit. She writes with light humor and authenticity as well as generosity crediting her mentors and posting her resources. SEARCHING FOR the Actual You is effective for women of most ages but also for those of us in the second half of existence it is a true breath of fresh air! The enthusiasm of the writer comes trough in every page.. You'll be referring back to it over and over! Pflaumer's book even though reading it so often I regretted devoid of read it initial... I acquired bored and just read fifty percent of it, not the best. A fun read with practical suggestions for filtering through your clothing and planning that next purchasing spree or needed brand-new outfit. I think it is well done. Andrea Pflaumer has created an accessible handbook that seeks to assist women with style choices predicated on the total person. Excellent! This is a fantastic book. Andrea Pflaumer actually has the entire person dialed in her method of fashion and personal design. There are sections that focus on the older woman (many thanks!



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