

**BRUTALLY FRANK,  
DELICIOUSLY RUDE,  
SPOOKILY SPOT-ON**



# 1 what not to wear

**the rules**

**trinny woodall &  
susannah constantine**

**BBC**

Susannah Constantine

## What Not to Wear : The Rules



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Now in their third BBC tv series, they continue to make-over even more unsuspecting style casualties.' - Elizabeth Hurley 'I'd rather eat my very own hair than store with these two again. they're about personal design - dressing for your body shape and personality - and this book shows you how.'Trinny and Susannah can be breathtakingly annoying but also eventually have extremely good taste. Offering guidance on how best to develop personal design, whilst taking advantage of your body shape, hiding your defects and flaunting those possessions! Susannah and Trinny are not about fashion;' - Jeremy Clarkson Susannah and Trinny's straight-talking fashion advice has made them Britain's best-known design duo.



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Just. Best fashion guide ever I must say that these two gals are spot on in what really works and what doesn't. M provides "no guilt" buying?.. So, so basic (and not very illuminating in that.) Every brand-name shopping list contains the same stores for every size and amount. I was astonished at how the difference in just my wardrobe caused others to do something around me. Great photos. Zara. Cub Monaco. Esp since they only used themselves as versions -- even as examples for "number defects" that simply did not exist. Did we need to be told 25 situations that H & very little. In all the various other books I ever go through I have never been able to select just one body type so when I attempted to follow their tips I usually ended up looking quite dowdy and feeling quite disappointed. It wasn't terribly informative or helpful. Was this include a "page-filler"? Photography, odd slouching, over-sized or restricted sizing were used in many cases. Lastly, this book had not been practical. Sure, generally a female with large arms would always prefer to cover them...My first day to work wearing the new wardrobe people thought We had somehow instantly lost 40 pounds. I assume I was expecting more flair, more design, more creativity. And less "wear heels to lengthen brief hip and legs" & Useful and funny, what's never to love? Great teaching device for helping young girls learn to dress to their advantage. (Disclosure: I'm not Uk, so I've no idea what their TV show is like.) A Publication to Weed Your Closet By I love this book. I miss seeing Trinny and Susannah on BBC America, but I am so glad that they put this volume together. What NEVER TO Wear addresses how exactly to select clothes to camouflage shape flaws (big breasts, heavy arms, etc.), however the thing that I discover most useful about it is normally that Trinny and Susannah themselves serve because the versions for the "do's" and the "don'ts" in the book. Collectively they represent the two most typical body types, ectomorph (high, slender Trinny) and endomorph (short, curvy Susannah). I was a little bit boggled by the wealth of advice presented in the publication until I realized that easily take the fashion advice directed at Susannah, it also pertains to me, since I am short and curvy. Simple! the worst fashion choices for Susannah are usually the worst for me, and the best selections for Susannah are typically the very best for me. Since the book tells how to select garments by category (skirts, slacks, dresses, tops, jackets, etc.), it becomes my best guide to shopping for myself and for determining why I never use certain clothing that has been hanging in my own closet for years. Truly a book to weed my closet by! There are pictures with each design principle so that you can obviously find for yourself what doesn't work and why, and what really works and why. The reserve is grouped into body parts that might require hiding: saddlebags, flabby tummy, short legs -- instead of body types. I've positively 4 of the 10 described "body flaws" and my own body sort of "borders" on 4 even more "flaws" so it's very helpful for me personally that I am enabled to mix and match my hiding strategies rather than having to choose one body type. I am sorry to state, but I got little or nothing out of the book. Although some of the recommendations contradict each other I still think it is easier to make my pick between two clothes shapes instead of hundreds. This is a very refreshing strategy that the authors concentrate on items that should definitely be avoided. Thanks therefore very much Trinny and Susannah! The "worst case" images in the reserve enabled me to assess my own body and wardrobe very honestly. I like the authors approach to not focus on fashion but instead on styles that fit the individual body as it is so easy to obtain sidetracked when I loves fashion magazines as very much as I do. I as well give it four instead of 5 stars because I agree with some other reviews here that there could be some conflicting advice for conflicting "problem" areas - however they give us a start on pulling ourselves jointly. The book's strategy taught me to spotlight shape initial and on fashion only secondly -- it really works! Very fun read. THEREFORE I finished up with hardly any things that I appeared great in, and wore the same things continuously -- pretty frustrating for someone who loves fashion! I also were left with many things I never wore. Five Stars Great book! Honestly, I will know immediately how other's should outfit, but for myself I feel I dress for the person I'm in my own head as opposed to the person I really am. Confidence is the Key The thing I like about this book, and all of Trinny and Susannah's books, is they are written to help everywoman appear her best. I like too that much of the

materials is geared toward the grown woman who would like to look grown, rather than just like a teenager. This knowledge was so motivating, it kept me in the fitness center working out until I really did get rid of 40 pounds (and more. The suggestions about shapes and colours is very helpful. Fashion could be really hard for somebody who loves the latest trends but who's body is a far cry from model size!. I find they do a much better work of getting the look principles across than the American version. For me the most helpful book up to now For me this is the most helpful book about them I ever go through -- and together with "The Lucky Shopping Manual" the only guide a woman will ever need. These two make me laugh.but is the UK so chilly in the summer that certain wouldn't wear short sleeves? Some did double calls for and didn't at first identify me with the brand new look. H & They're real champions of an adult and classy look - almost harking back to the times when young females were looking forward to getting adults, with sophistication of outfit.)I recommend absconding with a duplicate of this book, even though you can only get it used. Trinny and Susannah started the the whole "What Never to Wear" idea. I'm still wearing clothes that don't look great on me I'm still wearing clothing that don't look good on me, but at least now I KNOW they don't really look good! Shopping have been pretty annoying for me during the past as I could by no means find the appears that I loved in publications and on other folks -- or they just appeared horrible on me.They give you some tough love and you may initially feel far outside your comfort zone on the outfits, but if you follow this guide, you will look 1000 percent better. M. "be ruthless together with your closet. Since I purchased the book I've added many more options to my wardrobe that I look great in and put on a whole lot -- and I've also not really made another wrong purchase. Best Book for Learning What Looks Good on You No girl who would like to look her finest should be without this book! Shows actual photos of what styles appearance good on a slim, flat chested gal or a busty blonde."I gave two celebrities for effort and for generally up-beat, well-meaning authors. the original Useful if a bit dated. I bot such a increase in self-confidence knowing I must say i am putting my most effective foot forward when it comes to my appearance. Lacking in specificity Information was too broad without a sufficient amount of specificity to really make it useful Five Stars very good Good book Met all anticipations of content, good advice and clothes for dining out, casual or smart for the type of restaurant.



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