

# 40 *over* 40

BRENDA KINSEL



**40** Things *Every Woman*  
*Over 40* Needs to Know  
About Getting Dressed

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## 40 Over 40: 40 Things Every Woman over 40 Needs to Know About Getting Dressed



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But help is the following! It's tough to be a woman over forty in a global where style is dominated by youth and unattainable body images. With dosages of humor, 40 Over 40 speaks to the woman who is normally forty or over, helping her develop style and expression through her clothing, helping her appear every bit as effective and accomplished externally as she is on the inside.



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Surprisingly good and useful I ummed and ah-ed before buying this publication, as a 3.5 ranking isn't really high enough for me, but I believe it deserves much higher. Amusingly created by a specialist image consultant, it's filled with useful ideas.. Although I don't match some of the personas Kinsel writes about (I'm not really divorced, don't possess kids and don't need clothes for work) I still discovered the book very good on our emotional relationship with our clothes and why, consequently, the garments we purchase so often disappoint us. I purchased this book with many others - Sam Saboura's True Design and Kendall Farr's The Pocket Stylist - none is complete in itself, so if you want one book to cover everything this is simply not it. It helps fill the gap for fashion advice for the older woman who is not ready for housecoats and leisure suits. Helpful, wise and funny This is a good book for women over 40 wanting to revamp and update their wardrobe and revel in doing it! Also note that 40 over 40 contains no photographs, just cute images, which adorn but usually do not illustrate the text message. This may be less beneficial to some, but it does prevent the reserve from dating prematurely (it was printed in 1999). I liked Brenda Kinsel's humorous style, and her tackling of the psychological issues eg inexplicable accessories we have to our aging garments, and the mad frenzy at sale time that fills our wardrobes with a lot more stuff we don't put on! She also provides useful exercises in discovering one's personal style, and celebrating one's body regardless of age group or size. Would make a wonderful gift for any woman in this age bracket who's even remotely thinking about clothing and looking stylish. Over 40 and looking and feeling great! This book is chock-full of terrific, timeless advice.I've this publication in my library and have trained with to several close friends on their 40th birthdays., but judging from what I've seen of late, many aren't practitioners of great, sensible taste & most seem age inappropriate. WOW!. matronly!!! It must be a four letter phrase, it's that bad.!Beyond the advice, the tone of this publication is that of a well-informed friend who's sharing her best secrets about getting dressed and searching good. Things like: clothes expire, dress for your body you are in and get yourself a tune-up twice a 12 months. More than ready: read and learn?. good to revisit this book This book is an extremely kind friend and I get back to it over the years for 'checkups'. I just spent about \$300 and completely changed my closet! With her basic coaching, you quickly can bring zest and life to YOUR closet. What I like about any of it is definitely that she demonstrates how to express YOURSELF. You don't have to go to periodicals and such to discover what's good. You become the developer of your style. She doesn't business lead you right into a huge costly overhaul either. It's a very sane, inspiring guide to improving your look and wardrobe.. Obtain your own duplicate of "40 over 40", the 21st century fashion Bible from right down to earth Brenda Reiten Kinsel, then share copies as presents for friends and relatives. The writer writes in an agreeable, easy-to-read style that may benefit everyone. Great tips for us who are over forty provided with . There was little if any specific wardrobe tips. I am a slender, fit, fashion-conscious 43-year-old but I was still galled to observe quite how many of the mid-life pitfalls I was falling into, especially in areas like modern fabrics, vintage clothes and buying things that are only OK thinking I can 'fix' them to make them work. Great tips for us who are more than forty provided with a dash of wit and humor. A great yet informative little read. Are you bored with your clothes? It does take a lot of period, but I take what I need today and leave the rest. If you're looking for a publication telling you just how to dress your amount, this isn't the publication for you personally;" We've all gotten right into a bit of a fashion rut and so are longing to escape it. Kinsel's recommendations, both useful and spiritual, have helped me type new ideas in what looks great on me and have put some fun back into my closet. I DID NOT EVEN TRUST A FEW POINTS. Answers to all or any of your fashion questions Want to appearance fabulous for a

higher school reunion? Moving on from a romantic relationship and reinventing yourself? Prepared to learn about the true essence of yourself during your sense of clothing design? In this well-designed, incredibly reader-friendly book, Brenda Kinsel becomes your best friend and fashion consultant rolled into one -- and foretells you as if she's standing within your closet. It brings those things that have been placed on a shelf in your memory space bank back to the forefront of your thoughts. In "40 over 40", she educates and informs how exactly to dress for your fourth decade (and beyond). For anyone who wants to look and feel great! Just plain uninterested in searching the same everyday? HOWEVER, NOT the prom queen. DO NOT GET Stuck in Bad Habits From the Past This little book has some good ideas for building a wardrobe that fits your current life, shopping for new additions, and eliminating "expired" clothes that shouldn't be a part of your wardrobe any longer. What are you waiting for? I really like this book. Or sick and tired of trying to displace those shoes, jackets, and suits that you love but no one makes anymore? An equally good book is 'A Gorgeous New You' by Laura DuPriest. Great book! Loved loved cherished this book - Brenda's composing is fun, easy to read and SO useful- I highly recommend this and have bought it for most friends :) SEVERAL PERTINENT THINGS Brief OF THAT, IT IS NOT ANYTHING, IN MY OWN HUMBLE OPINION, THAT Ladies DON'T KNOW. Yes, the majority of us know how to use complimentary colors, to get rid of old clothing that don't match, etc. Great read! DON'T Waste materials YOUR TIME OR MONEY HERE! It Brings Recessed Revelations to the Forefront The book's okay; Brenda Kinsel KNOWS your fashion soul. I FLIPPED THROUGH IT IN A DAY. Oh, and how to avoid the dreaded phrase . Brenda Kinsel has hit upon a phenomenon that I've seen in myself and among my close friends "of a certain age. however, if you are looking for you to definitely enable you to remember how great you are, or to teach you you have more personal worth than you've probably forgotten you possess (because after 40, I know I forgot I was a "woman"---my clothes were generally utilitarian), and you also want to look like the classic woman you know you are inside, then get this book. I love this book!.it's well worth the investment. 40 Things you know about getting dressed Fortunately I picked this reserve up at the library because I'd hate to have spent cash onto it. Or work. The writer was clearly appearing out of a divorce and I'd suspect likely to therapy? Love yourself, love the clothes you wear! But in the event that you read and follow the advice from this book after that you could have a better potential for not really being matronly. She also included a chapter on dressing for a divorce, but none on how to outfit for a marriage. Over half of the publication was dedicated to "feel great about yourself" mumbo jumbo. Or shopping. Or for soccer games. Or church.. The publication date listed as 1999 yet there was no reference to on-line resources. If you are reeling from a divorce and have never heard the theory "love yourself" then this might be a helpful resource.



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