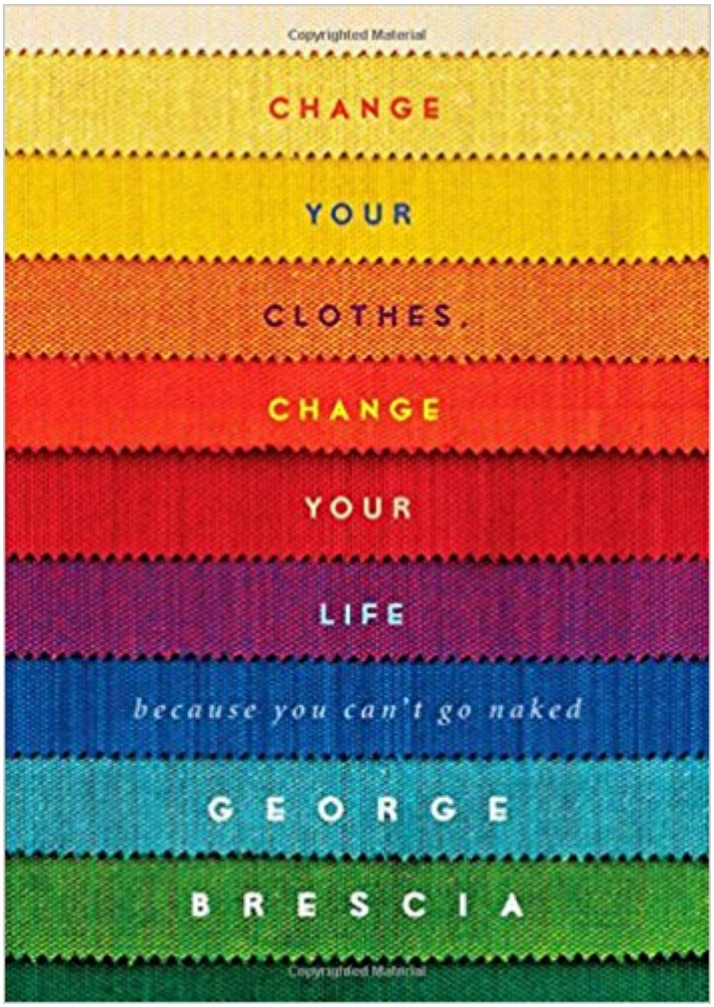
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Change Your Clothes, Change Your Life: Because You Can't Go Naked



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Synopsis

Open the door to harmonious, powerful, and positive dressing with a guide thatÃ¢â ¬â„¢s like The SecretÃ¢â ¬â •for your wardrobe. In this groundbreaking how-to book, style expert George Brescia shows you how to transform yourself from the inside out.More than a style guide, this revolutionary book by a seasoned stylist teaches a method of conscious dressing that begins with a powerful internal change. Instead of just grabbing for whateverÃ¢â ¬â„¢s on hand, youÃ¢â ¬â„¢ll learn to set your goals for the day, determining how you want to be perceived, and then dress in a way that helps manifest those intentions. > reveals the true power your clothing has to affect your life, showing how this second skin impacts your job prospects, your romantic life, your income, and even your deepest sense of self. Translating his styling methods into a philosophy anyone can apply on her own, Brescia also delivers tips and tricks of the trade to help convert even the most hapless dresser into a happy and educated shopper. Because the goal is to have you not only looking great, but feeling more confident, too. From major closet overhauls to a whole new philosophy on color, this is a comprehensive manual for anyone whoÃ¢â ¬â„¢s ever looked at her closet in despair. Accessible, direct, honest, and thought-provoking, > takes an eye-opening look at the intersection between our clothing and our emotions, hopes, and dreams, showing us how improving our external appearance can have life-changing effects on how weÃ¢â ¬â„¢re perceived by othersÃ¢â ¬â •and more importantly, on how we perceive ourselves.

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Customer Reviews

Ã¢â ¬Å“This easy-to-read, entertaining guide will appeal to women looking to make a real change to their wardrobe.Ã¢â ¬Â• (Publishers Weekly)

George Brescia has spent the last twenty-five years working with top fashion and beauty leaders, including Ralph Lauren, Donna Karan, Tommy Hilfiger, and the fashion directors at BloomingdaleÃ¢â ¬â„¢s, Bergdorf Goodman, and Lord & Taylor. As the man behind George B Style, heÃ¢â ¬â„¢s also a top-tier NYC-based stylist and image consultant with clients ranging from A-list celebrities to everyday men and women looking to improve their appearance and gain confidence. He has also appeared as a resident fashion expert on NBCÃ¢â ¬â„¢s > show, CBS, Fox 5, and NY 1 as the official red carpet fashion critic for the Tony Awards. In addition to penning a regular column for Resident and Venue magazines, George has also been featured on radio segments such as Garrett MillerÃ¢â ¬â„¢s nationally broadcast Blog Talk radio show and NPRÃ¢â ¬â„¢s Marketplace. In addition, George can currently be seen on Stage 17.TV in his own web series, Dress Up with George B Style, a show about George styling Broadway stars for all their glamorous events.

First things first - I feel like some of these reviews both negative and positive were written by people who didn’t even read the book - so be wary of that.Before reading this book my fashion dilemmas were as follows: I have a really weird shaped body for starters and I’ve always had uniform jobs so there was never a need for me to pay attention to my fashion. Until I moved to LA that is and began having non uniform jobs and now having the need to attend high profile parties. OMFG!While past years I have made a vague attempt at getting a fashion clue - many a book and magazine assume that everyone is a double zero with a limitless budget.So I just threw in the towel. I don’t remember what prompted me to buy this book when so much other fashion advice just had me feeling like a loser but I did.And it did indeed change my life and teach me how to see.This book is different in that it doesn’t see or explain fashion as a one size fits all approach. It explains fashion from the approach of "who do you want to see in the mirror and why" and how to realistically tailor your fashion to fit your lifestyle and your unique body type and self image.I’m not sure where people are getting that this book is for size zeros wanting a classic look? I’m not trying to bash other peoples perspective but I’m shaped like a bull frog and I’m a size 12 and this is the first fashion read that didn’t make me want to jump off a bridge.So props to the author for not saying that "skinny jeans" are the answer to everything as I’ve heard other authors say.And I can’t thank George enough for helping me feel pretty and confident again for the first time in 2 decades.

PROS: I’m not very good at fashion, but I’ve been reading a lot of fashion books lately. So far, this is the best one I’ve read. The first few chapters are mainly about one’s attitude and personal blocks to dressing well. This portion of the book had some amazing insights. For example: "Hiding doesn’t relieve us of the gaze of others--it only highlights our discomfort and awkwardness, making those our visible qualities." How many times have you noticed someone else (or you yourself) dressing in something cheap or dowdy or faded in the hope that no one will pay attention to you--and then realizing that person stands out in their awkwardness? As a shy person, this idea made a big impression on me. It does make sense that dressing in traditional "wallflower" attire actually draws some attention--and negative attention, at that. Brescia also does a great job explaining how our goal should be a harmony that pleases the eye rather than some kind of perfection of every detail.Most of the rest of the book had more specific advice. The most helpful part of it for me was the list of "wardrobe essentials." I’ve read a lot of lists of these kinds, and I dreaded reading another one because I expected it to be yet another list of unattainable, expensive near-useless items that maybe career women in NYC use but no one in little towns like mine would ever use. Brescia’s list, though, was the most inspiring I’ve ever read! The way he broke down articles of clothing made a lot of sense to me, and I could see how almost all of the items on the list were usable and fashionable even in a smaller town like mine. This could be just a coincidence--maybe his sense of style appealed to mine, and that’s why I found the list so helpful. It may not apply to most women; I’m not sure. Brescia’s chapter on color made a lot of sense to me because it explained why high-contrast skin/hair tones (like a dark brunette with pale skin) look better with strong colors and contrasts, while honey blondes need milder contrasts in color.CONS: Brescia considers a few arguments against wearing makeup and high heels and tries to counter them (for example, he explains why you shouldn’t be lazy or think it doesn’t matter). He never addresses the most important arguments I’ve heard against such things, though--namely, that they harm the body. I get plenty of harmful chemicals in my food, water, and air, so I really don’t need to be adding some to my skin (and even "natural" makeup contains some pretty bad stuff). Wearing heels harms the feet, legs, and spine even if you wear them correctly, and tripping or twisting an ankle is a lot more likely in heels. Also, it’s just plain hard to get around in heels--trotting to catch up to someone ahead of you, jumping up to reach something, changing direction quickly, walking on soft ground, and a lot of other commonplace activities are difficult or painful in heels. Brescia never even brings up these objections, and he certainly doesn’t counter them. (And if "elongating the leg" is so sexy, why don’t men wear high heels, too?) That was probably the most frustrating part of the book for me. He did a

great job selling me on why I should update my clothes and jewelry, but makeup and heels fell flat. Another difficulty I had was with the color categories. They sounded great, but I had trouble figuring out whether I was in the "brunette" category or "tawny brunette" category. Since the color palettes were pretty different, I really needed to know which one I should apply. I tried looking on his website for some pictures, but all I could find was a long selection of TV interviews. I just need some photos of women with different hair colors with labels of which category they belonged to. He had a couple of drawings in the book, but there weren't enough for me to identify my shade of hair.OVERALL: Although I had a few things to nitpick, this was the most helpful fashion book I've read to date, and I plan to implement a lot of what I read. It gives some helpful psychological analysis, a lot of specific fashion advice, and an easy-to-read writing style.

This book WILL change your life! George Brescia is a genius with his tips, rules and shortcuts for dressing yourself and feeling fabulous! As a new mom who has struggled with the slow process of regaining my pre-baby figure this book has been a godsend! On a professional level, this book is helping many of my clients. I work with actors, helping them with their marketing and personal branding. The idea that our clothes help tell our story and 'speak for us before we doÃƒÂ¢Ã â ¬Ã â„¢ has the power to transform my clientÃƒÂ¢Ã â ¬Ã â„¢s careers and truly change lives. Thank you George for writing such an insightful book for all types of women (and their husbands!).

I am walking away from this book armed with information that I can use for years to come. He didn't just give me a list of items to buy with instructions on how to pair them but instead gave me the tools to be critical of what goes on my body and what specific things to look for like does it fit? Does the color flatter? Does it highlight my assets and downplay liabilities? Taking these questions with me as I tried on every item on my closet helped me to see the articles of clothing that I own in an entirely new light. I found that I had been buying items that I loved the color of but the color was not flattering to me! I am well on my way to a foundation of quality basics and having fun styling it all! I highly recommend this book to anyone wanting to learn how to dress in ways that flatter them!

I thought this book was very helpful. The key point I take from it is that everything in one's closest and that one wears should rate 10 out of 10, because clothing and accessories are so crucial in how people view others. While it isn't necessary to replace everything at once, the goal is to work toward having a closet of 10s eventually. This book tells one exactly how to do this.

I am so enjoying this book ~ and cleaning out my closet to prepare to go shopping! This is so easy to read with such helpful information. I have read other wardrobe books, having been a tomboy as a youngster with no role models, I have to learn on my own. His color suggestions are so correct. I notice them on clothing photographs now too. This is the best! Just get it and make everything in your closet, as he says, a 10!

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