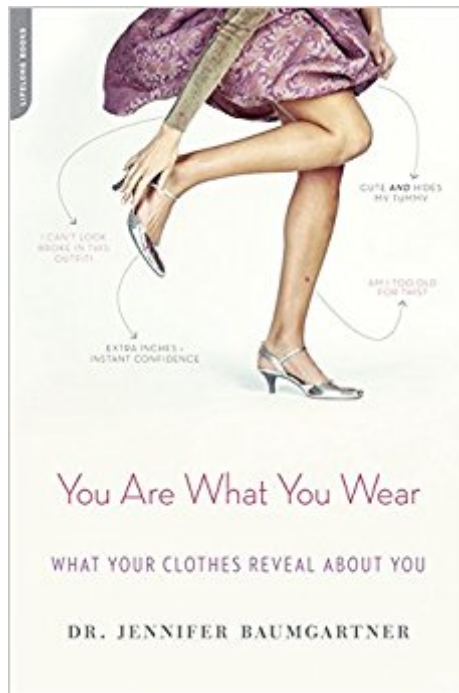




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# You Are What You Wear: What Your Clothes Reveal About You



## Synopsis

Most every woman has found herself with a closet full of too many clothes or surrounded by brand-new items that somehow never get worn. Instead she gets stuck wearing the same few familiar pieces from a wardrobe that just doesn't feel "right." Dr. Jennifer Baumgartner argues that all those things are actually manifestations of deeper life issues. What if you could understand your appearance as a representation of your inner unresolved conflicts and then assemble a wardrobe to match the way you wish to be perceived? In this fashion guide that is like no other, Dr. Baumgartner helps readers identify the psychology behind their choices, so they can not only develop a personal style that suits their identity but also make positive changes in all areas of life.

## Book Information

Paperback: 272 pages

Publisher: Da Capo Lifelong Books; 37551st edition (March 27, 2012)

Language: English

ISBN-10: 0738215201

ISBN-13: 978-0738215204

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 96 customer reviews

Best Sellers Rank: #128,878 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing #261 in Books > Arts & Photography > Graphic Design > Commercial > Fashion Design #714 in Books > Self-Help > Self-Esteem

## Customer Reviews

"I have long held the belief that going through a closet is like reading a short story. Your life is revealed through your clothing choices. Dr. Baumgartner holds your hand and gently leads you from confusion to clarity. After reading this book, you'll never view retail therapy in the same way." Heather K. Jones, RD, author of Drop 5 Lbs  
"Learning the how and why behind your wardrobe will have a profound impact on how you dress! Dr. Baumgartner offers doable solutions to help you clean out your closet...and your life. You Are What You Wear is a must read for women of all ages!" PopMatters.com, 3/27/12  
"Baumgartner showcases many success stories in the book and with phrases like closet constipation is often witty and fun. And in doing so, she fulfills the book

jacket. It's promise to help readers break out of fashion ruts, look current at any age, and create a balanced, beautiful wardrobe. Bookviews (blog), April 2012 "A book to help the fashion-challenged in time for the new spring line. For anyone who approaches the purchase of new clothes either buying and spending too much or with a certain sense of dread, this is definitely the book to read! Curled Up with a Good Book, 6/22/12 "Baumgartner doesn't sneer at our fashion flubs; her tone throughout the book is respectful, sympathetic, and nurturing. What Baumgartner helps us to understand is that clothing is an outward manifestation of some inner turmoil. RadiantLit.com, 6/22/12 "Helpful in explaining why we do the things we do and how we can change our behaviors. While this book is not meant to take the place of professional counseling, the reader can learn general reasons for personal issues and how those manifest themselves in our clothing. Without being preachy or harsh, Dr. Baumgartner effectively shows readers that it's possible to improve ourselves and have it show in how we dress. Entertaining and helpful, *You Are What You Wear* definitely gives some credence to retail therapy. Tucson Citizen, 7/19/12 "[A] nifty new book. If you want to dress and feel better about yourself and how you look, this could be the guide you have been searching for. New York Times, 8/30/12 "[An] insightful book. Blog Business World, 8/25/12 Library Journal, 4/1/12 "This fascinating book tells readers how to examine their wardrobe and their emotions and create harmony by reconciling the two. Recommended. Philadelphia Tribune, 3/23/12 "[A] fashion guide that is like no other.

Jennifer Baumgartner, PsyD, is a practicing clinical psychologist who also runs her own wardrobe consulting business, Inside Out. She lives in Potomac, Maryland.

This book is 90% psychology, 10% closet cleaning and wardrobe building advice. It led me to reflect on the whys of my buying, organizing (or lack thereof) and dressing, and gave me practical tools to move forward. This book offers no superficial advice (buy this capsule wardrobe, incorporate these trends), this book addresses internal distress (guilt, money, sexuality, identity issues) by identifying its associated wardrobing malady. I derived great comfort from this book and will use it to change my relationship with my appearance. Highly recommend!

I had fun reading this book, and I did purge my closet afterwards, although I thought I already had

done a good job of that not so long ago, which just goes to show! The nagging voice of reason - or shall I say J. Baumgartner - was stronger. So, it works. There's even a 20-steps-to-purge-your-closet that's pretty perfect. How the book is structured : the main eight or nine reasons why we find ourselves with too many/too small/ too "young" or "old" clothes... each have their own chapter. Of course, the most popular/common reasons come first in the book, and they're also by far the biggest chapters (and let's face it, if you buy this book you're likely prey to the first reason - namely, buy too much stuff). Each is interesting and illustrated by the story of a certain client. There were no real clichés, it was relevant and went to the bottom of the matter. The only thing is out of the different reasons listed, only a couple will apply to you. So while the rest of the book is still very interesting and gives you the complete picture, some things won't be directly relevant for you. However, I certainly didn't mind, and I don't see any other way the book could have been written.

I was able to follow the steps she outlined to go through my wardrobe and I identify the problem areas. The way she set it up is helpful because you can skip right to the section that sounds most like you. I read all of the sections whether they applied to me or not and found useful tips from every chapter. I no longer stand in front of my closet and complain that I have nothing to wear 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 can already feel it reverberating inside with a lighter, brighter, more confident version of myself. I highly recommend this book to anyone seeking to pull themselves from a rut whether fashion related or just life in general. Great read!

I found this book exceptional- and there are not many books in the " self help" category - in fact none- that I have put here. Well written with case histories by an intelligent woman who loves what she does with good advice. This advice also, I believe , crosses generational "gaps" so it is relevant whatever your age. She is not fussy about size, economics or stage of life but It is primarily a woman's book - it would be great if she wrote one for men - I would be first in line to buy it for my husband!!

I really enjoyed this book. I understand myself and some of my friends a little better now. I wasted a lot of years wearing clothes that were too big for me or keeping clothes I didn't really love. I also liked the idea of taking everything out of your closet to evaluate it. Inertia is powerful and starting with the clothes outside the closet helps break the temptation to leave something "just in case." So

now my mantra is does it fit and do I love it. If the answer isn't yes to both, I'm not buying it.

I have changed my life so much that I've felt the need to change my closet too. I wondered if I was dressing too young but I didn't dress like that when I was you so that's not a problem. I did two things that I need to work on while I read the book. I don't have unworn cloths hanging around but I realized that recreational shopping was a big part of my clutter problem not to mention what it's doing to my bank account. I also realized that I need to clean out and get new things to help me feel good about myself. This book helps you find those things about yourself that you don't want to face and then gives you help in finding a good way to work on them. It also was easy to read and interesting.

In *You are What you Wear*, there were many different situational scenarios which gave a lot of insight especially to different groups of people. There was less opinion and more facts making it a very credible source. The book did drag on a bit but they were different situations giving a little something different each time. The book did give some information on what people believe you should wear depending on your age and what has been seen as acceptable for different occasions or even what people should wear to work. This book is great if you are looking for the facts behind people's clothing decisions and styles. It was a very easy read and never got too tedious because there were many short chapters on each subject.

I enjoyed this book - interesting as I have always believed that your clothes do express your personality and how you feel about what you're wearing no matter when or where. Getting dressed should always involve caring and thought, even if only going to the grocery store. We express who we are always whether along among strangers or with friends or family. It's a lifetime expression.

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