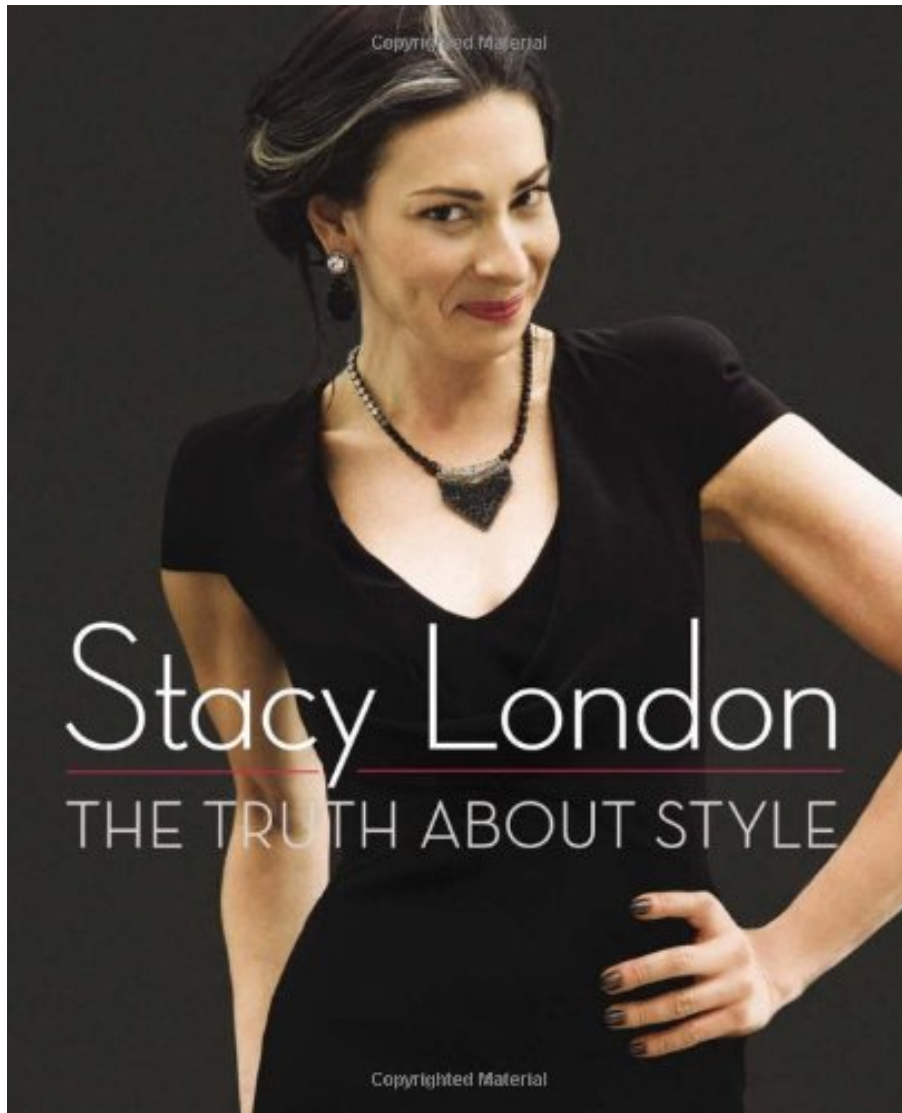


THE TRUTH ABOUT STYLE BY STACY LONDON



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From Booklist

With much credit to London, editor and co-host of TLC's What Not to Wear, nine women from situations, including young-married, breast-cancer-survivor, and plus-size blogger, are redressed, restyled, and, most important, re-created into new and thoroughly confident personages. Yes, style is definitely not fashion, and, in each case, the transformation is amazing. For example, Ashley, in the midst of an emotional eating disorder, is now garbed in badass style, complete with leather jacket and fitted jeans; and Tania, who defines herself through her family, forsakes black-on-black for color—lots of it. Each woman begins with a letter that is often heart wrenching; London follows with an analysis of symptoms, underlying causes, and a perceptive prescription that frequently is couched in very personal terms and peppered with dialogue, color pictures of try-ons, as well as recommendations for closet restocking. Most poignant of all is London's own story, which includes acute psoriasis, anorexia, and, today, her wondrous sense of self. Brava! --Barbara Jacobs

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About the Author

Stacy London is the cohost of TLC's What Not to Wear and has a regular segment on NBC's Today show called "Ask Stacy." She's the cofounder and stylist in chief of Style for Hire. In addition, she has appeared on numerous TV programs, including Oprah, Wendy Williams, and Access Hollywood. A contributing editor at People magazine, she previously worked at Vogue and Mademoiselle.

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THE TRUTH ABOUT STYLE BY STACY LONDON PDF

The hilarious, beloved cohost of TLC's *What Not to Wear* examines the universal obstacles all women—including herself—put in their way

With her unique talent for seeing past disastrous wardrobes to the core emotional issues that caused these sartorial crises, style savant Stacy London has transformed not only the looks but also the lives of hundreds of guests who have appeared on *What Not to Wear*. Now for the first time in print, London turns that expert X-ray insight on herself.

Like the women she's transformed, London has plenty of emotional baggage. At eleven, she suffered from severe psoriasis that left her with permanent physical and mental scars. During college, she became anorexic on a misguided quest for perfection. By the time she joined the staff at *Vogue*, London's weight had doubled from binge eating. Although self-esteem and self-consciousness nearly sabotaged a promising career, London learned the hard way that we wear our insecurities every day. It wasn't until she found the self-confidence to develop a strong personal style that she finally became comfortable in her skin.

In *The Truth About Style*, London shares her own often painful history and her philosophy of the healing power of personal style—illustrating it with a series of detailed “start-overs” with eight real women, demonstrating how personal style helps them overcome the emotional obstacles we all face. For anyone who has ever despaired of finding the right clothes, or even taking an objective assessment in a full-length mirror, *The Truth About Style* will be an inspiring, liberating, and often very funny guide to finding the expression of your truest self.

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Most helpful customer reviews

146 of 153 people found the following review helpful.

Best Style Book of the Year!

By Assunta Sciarretta

This book is fantastic! It's personal, visually rich and emotionally satisfying. The author, Stacy London, takes nine women of different ages, sizes and ethnicities and radically transforms their appearances. However, they don't just dress better; they all seem to glow - as if they'd discovered something amazing about themselves.

The most striking transformation is that of a 57-year-old executive from Silicon Valley who looks like a mature tech nerd. Initially, she is wearing mom jeans, a saggy cardigan and has a platinum mullet. By the end of her chapter, though, she is drop-dead gorgeous! She looks so chic in a velvet suit, bold jewelry and a modern short haircut. (She also looks about forty pounds lighter just by dressing differently.)

The author works with all different clothing budgets, too. The Silicon Valley woman is steered toward designer suits while in the 19-year-old UT student's makeover shot, she's wearing straight-leg jeans, a fitted blazer and edgy boots. There's also a plus-size African American woman who goes from frumpy to chic. Then, a breast cancer survivor has a whole different set of specific body issues, so she comes to look sexy, feminine and comfortable. There's also a tiny (4'11") 26-year-old who goes from wispy and faded to having a real presence, a zing; her hair color also changes to a deeper, richer tone which really brings out her facial features.

One chapter transforms a plus-size 39-year-old who is trapped in Mommy Syndrome - subsuming herself in her family - and dressing only in black. The author pulls her from her black clothing doldrums into a tailored career mom look. Another participant has issues with her extreme height. She's 5'11" and curvy, yet she almost fades into her "before" photo background. She absolutely comes alive with fitted, colorful clothing and a good haircut. Then, there's the Missouri redhead who also retreats into all black. The author styled her, so her delicate features shined. Finally, there's a cute 48-year-old divorcee who is ready to jump back into the dating pool, but first must overcome her addiction to blah-black and wrap herself in colors that really flatter her and make her look about fifteen years younger.

While the tone of this book is similar to Stacy London's approach on her TV show, "What Not to Wear," this book adds something more. There's a gentleness and a depth. Stacy shares her own early struggles with psoriasis, a visible chronic skin condition, which makes it easy to understand how she oozes empathy for so

many other women and their struggles with self-perception and style. This book feels luxurious; the pages are glossy, the pictures abound, there's so much depth and careful analysis that one can reread at will so as to understand the approach to each style situation. The actual layout - fonts, insets - are so visually pleasing, too.

This is a must-have book for any woman who wants to be true to herself and her style!

3 of 3 people found the following review helpful.

Everything you love about Stacy London and then some

By S. Patterson

At 25, I've been shifting my style to crossover more between home and the office - I like to think of my style as "polished casual" but I was feeling a little lost in terms of finding things that flatter my shape while still being stylish and not busting my budget. I have watched WNTW for years and love it so I didn't hesitate in buying Stacy's book. What surprised me most about this was the insight Stacy gave into her own style journey and life. She shares some very personal things here and I really enjoyed learning more about her back story. You'll find everything you love about Stacy in this book and then some. The writing style is fun and authentic and there are great visuals to go along with each story. While I couldn't relate to each and every woman in the book, I did find several I really identified with and picked up some great tid bits from the other. This is a book I'll always keep around to go back to when I'm feeling lost style wise. A great purchase!

7 of 7 people found the following review helpful.

Great book, great tips, great insight

By S. C.

I have always been a fan of WNTW, and when I saw Stacy talking about this book on Anderson Cooper, I ordered it right away. The book covers the style and fit problems of a variety of women - all different ages, shapes, and sizes - and includes some little bits of info about Stacy's own life. It's easy for a skinny woman to tell a fat woman what she looks good in, but the advice becomes 100x more valuable once you find out that skinny woman once WAS a fat girl, and knows the fit issues you're facing.

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