



## The Truth About Style

By Stacy London

[Download now](#)

[Read Online](#) 

### The Truth About Style By Stacy London

**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.

 [Download The Truth About Style ...pdf](#)

 [Read Online The Truth About Style ...pdf](#)

# The Truth About Style

By Stacy London

## The Truth About Style By Stacy London

**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.

## The Truth About Style By Stacy London Bibliography

- Sales Rank: #58095 in Books
- Published on: 2012-10-02
- Released on: 2012-10-02
- Original language: English
- Number of items: 1
- Dimensions: 9.35" h x .75" w x 7.35" l, 1.67 pounds
- Binding: Hardcover
- 224 pages

 [Download The Truth About Style ...pdf](#)

 [Read Online The Truth About Style ...pdf](#)



## Download and Read Free Online The Truth About Style By Stacy London

---

### Editorial Review

#### 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

#### Review

“[London is] the Dr. Phil of fashion.”

~*Women's Wear Daily*

“An honest and heartfelt look at how we dress from the inside out.”

~*Flavorpill.com*

#### 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*.

### Users Review

#### From reader reviews:

##### **Jason Dolly:**

This The Truth About Style are generally reliable for you who want to certainly be a successful person, why. The reason of this The Truth About Style can be one of several great books you must have is definitely giving you more than just simple reading through food but feed an individual with information that maybe will shock your preceding knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions in e-book and printed types. Beside that this The Truth About Style giving you an enormous of experience like rich vocabulary, giving you tryout of critical thinking that we know it useful in your day exercise. So , let's have it and luxuriate in reading.

##### **James Cansler:**

The guide untitled The Truth About Style is the publication that recommended to you you just read. You can see the quality of the guide content that will be shown to anyone. The language that writer use to explained

their ideas are easily to understand. The article writer was did a lot of investigation when write the book, to ensure the information that they share for you is absolutely accurate. You also might get the e-book of The Truth About Style from the publisher to make you a lot more enjoy free time.

**Timothy Payne:**

Beside this kind of The Truth About Style in your phone, it could possibly give you a way to get nearer to the new knowledge or facts. The information and the knowledge you may got here is fresh from oven so don't be worry if you feel like an previous people live in narrow commune. It is good thing to have The Truth About Style because this book offers to you personally readable information. Do you oftentimes have book but you don't get what it's facts concerning. Oh come on, that will not happen if you have this with your hand. The Enjoyable option here cannot be questionable, such as treasuring beautiful island. Use you still want to miss this? Find this book and read it from currently!

**Genia Vanderford:**

Is it you who having spare time in that case spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This The Truth About Style can be the reply, oh how comes? It's a book you know. You are consequently out of date, spending your extra time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

**Download and Read Online The Truth About Style By Stacy London #TRAEGFZD4X**

## **Read The Truth About Style By Stacy London for online ebook**

The Truth About Style By Stacy London Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Truth About Style By Stacy London books to read online.

### **Online The Truth About Style By Stacy London ebook PDF download**

**The Truth About Style By Stacy London Doc**

**The Truth About Style By Stacy London MobiPocket**

**The Truth About Style By Stacy London EPub**