



The Truth About Style

By Stacy London

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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.

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The Truth About Style By Stacy London Bibliography

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Editorial Review

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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:

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