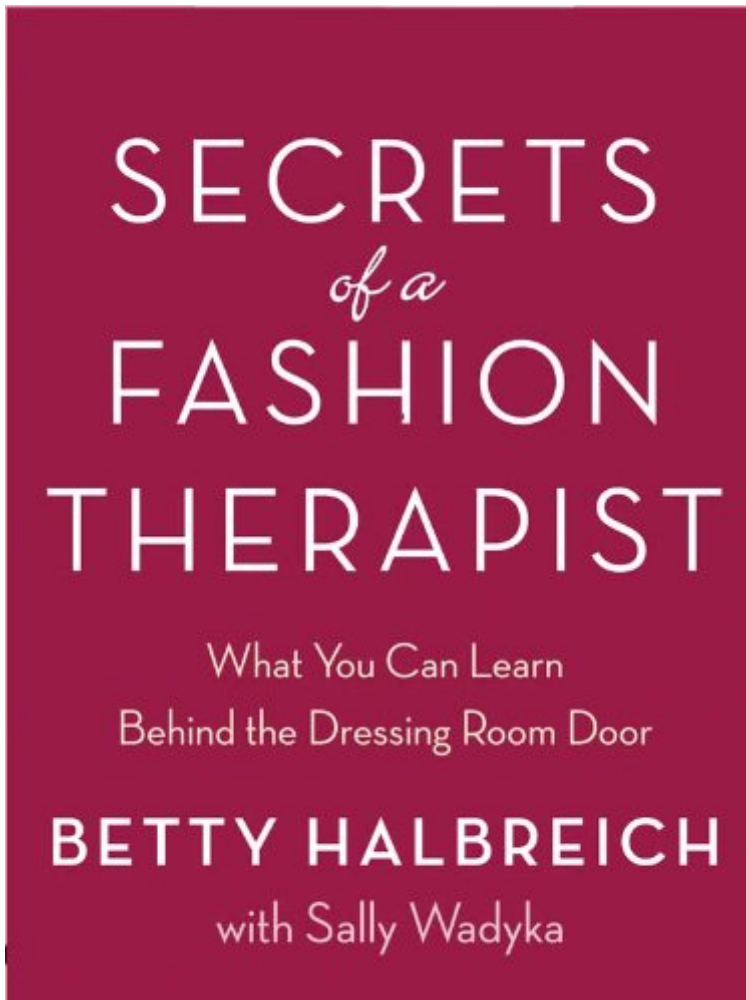


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Secrets of a Fashion Therapist: What You Can Learn Behind the Dressing Room Door



Par Betty Halbreich, Sally Wadyka
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Description :

Prsentation de l'diteur Betty Halbreich, the director of Solutions at world-famous specialty store Bergdorf Goodman, brings her shopping and dressing expertise to readers in this bestselling classic. Getting dressed every morning probably causes more trauma than anything else we do on a daily basis. No one understands this better than Betty Halbreich. She's seen firsthand that putting on clothes is as much if not more about the mind as it is about the body. Each day, her dressing room at Bergdorf Goodman is filled with women searching for something. They may think they're merely shopping for a new dress, but, as Betty knows, sometimes they're really shopping for a whole new life. Whatever these women are seeking, Betty is sure to help them find it. With simple instructions and witty asides, Betty takes her experience out of the dressing room and puts it into readers' hands. Follow her through the years and through the stores as she sheds light on such fashion conundrums as how to break up with the color black, what to wear on "Casual Fridays,"

what "black-tie" really means, and how to wear just about any accessory. Betty elevates shopping and dressing to an art form, yet she makes you realize how simple it really is to look fabulous. She is truly a fashion therapist, dispensing wisdom, wit, and advice on how to enhance your natural beauty, build a more confident self-image, and, most of all, have a little fun while doing it. With more than 200 black-and-white illustrations

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Biographie de l'auteur Betty Halbreich was born and raised in Chicago, where she started playing dress-up as soon as she was able to rummage through her mother's closet and she hasn't stopped experimenting with clothes ever since. In her thirty-plus years as director of Solutions at New York City's famed Bergdorf Goodman specialty store, Betty has helped make the world a better-dressed place by working with countless designers and showing generations of women how to create their own style. Sally Wadyka made her first fashion statement at age six, stubbornly refusing ever to wear a certain red Lacoste dress. Over the years, her taste has expanded. She has written about fashion and beauty for such magazines as *Mademoiselle*, *Elle*, *Self*, and *Vogue*.