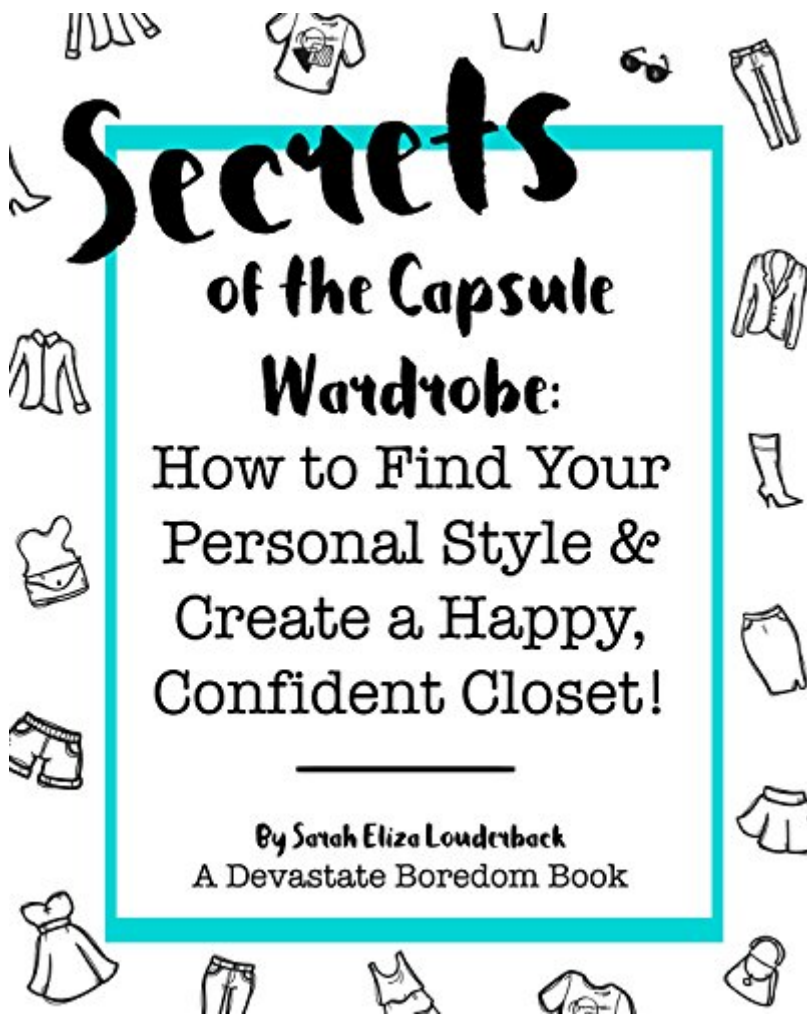


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Secrets Of The Capsule Wardrobe: How To Find Your Personal Style & Create A Happy, Confident Closet!



Synopsis

Ready for a Wardrobe Revolution? It's time to take action! Maybe you're searching for a simple, unique approach to beauty, or maybe you just want your style to reflect a more self-actualized you. You might be new to the idea of a minimalist lifestyle, or maybe you've already graduated from Konmari organization techniques and are ready to go deeper! No matter what perspective you're coming from, if you're ready for a fresh approach to fashion, then this book was written for you! Together we'll examine your wardrobe step-by-step, winnowing out the items that need to go and discovering the secrets behind an effortless capsule approach. Hint: The secret lies in balancing your bases. Don't worry, you'll know exactly what that means and how to do it after you read chapter 6... Inspired by the same simple living goals as Marie Kondo's The Life Changing Magic of Tidying Up and motivated by the proactive search for joy and self-actualization found in Gretchen Rubin's The Happiness Project, this book will take your personal style to a whole new level of gorgeous. A confident, stress-free, happy closet is within reach! Gone are the days of agonizing over what to wear each morning -- your whole closet will mix-and-match by the time we're done, and you're going to look amazing! Full of inspiration, motivation, and humor, Secrets of a Capsule Wardrobe will help you take control of your closet and curate your wardrobe into a collection that brings you happiness, freedom, and confidence -- while having fun in the process. Let's get started!

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Customer Reviews

I decided to participate in Project 333, in which you choose 33 clothing items (capsule wardrobe) to wear for 3 months. The thing is, I was having trouble getting down to 33 items. I got stuck at around 70, and I had already packed up three plastic bins and almost half my closet (the 33 includes shoes, BTW). And what I was left with was some pretty blah neutrals, with no fun patterns or much color. Well, this book literally brightened my day. Initially, I skimmed to the parts in the book that I thought would help me the quickest, but I enjoyed it so much, that I went back and read the whole thing, twice! And I was successful in winnowing down to less than 33 fun items, including some color and pattern. The author has an engaging and cheerful style, including diagrams and helpful quote graphics. While she does admit that she's not sticking exactly to P333 rules (for example, she excludes jackets) she definitely shows how to get down to a tiny wardrobe. She helped me to see the importance of getting your foundational colors chosen and making sure that pretty much everything matches with everything else. I had to make some tough choices but she shows you how once you make sure that all the items work together, you can literally walk blindfolded into your closet and what you choose will work and be stylish... and uniquely you. Love it! Since I started this several weeks ago, I've gotten many more positive reactions, I spend less than a minute choosing my daily outfit, I feel good about not supporting cheap fashion and its exploitation of workers, I'm making good economic decisions by maximizing my purchases, and I spend less time clothes shopping... its all good! The book was a quick read yet packed with good info. that you can refer back to if you get stuck or need inspiration and encouragement. I highly recommend!

The author writes with a practical and realistic vision of a capsule wardrobe while interspersing bits of lighthearted humor. No only 12-pieces allowed type of advice given. Instead, your given guidance on curating your wardrobe based on individuality.

"Secrets of the Capsule Wardrobe" is filled with great ideas and entertaining information. This is a "must read" to add to your wardrobe to improve it! Easy to follow all of the suggestions and very

enjoyable to read. Loved it!!

My first ebook! And what a good one. Get this ebook if you want closet peace of mind. Trust me, you will learn a lot, be motivated and enjoy having just a few clothes that all go together. I sure wish I had learned this stuff a long time ago.

So much great information in this Book! The writer has some really great tips for creating a fabulous wardrobe that is just right for you :) highly recommend!

Book provided useful, easy tips that made sense and should be easy to follow. Well written and entertaining. Can't wait to put it to use.

I've read several so-called capsule wardrobe books and all were a waste of time. But this book was practical, well organised, and best of all it works. So many great ideas on how to select your wardrobe pieces from what you already own. I know I didn't want to have to buy a whole new wardrobe. It is more time consuming because it has you go through everything but it's worth it. I was surprised to find out that I had a good capsule wardrobe hidden in all those spur of the moment purchases. I live in a small apartment so I did end up storing the seasonal specific items like sandals, shorts, etc. and will reverse that with boots, gloves, etc. But there wasn't as much of that as I thought I needed. Take it from a clothes-aholic, 9 winter jackets..really? This method works. I can now go to my closet and put together an outfit by just pulling out a pair of pants, a sweater, and a shirt without even thinking about it. I recommend this method to anyone who has ever stood looking in their closet for more than 15 minutes debating what to wear.

Her main audience for this book is the Fashionista with a stuffed closet that can never find anything to wear that wants to "winnow" down her wardrobe. That is definitely not me. I am a Fashion Disaster these days. Like many Stay at Home Moms I have fallen into the trap of putting myself last. No one cares what I look like anyway, right? I just want to be comfortable. I don't have time to coordinate an outfit in the morning plus get the kid ready. Etc. But, as Louderback points out, feeling confident in your clothes improves your mood. And the Capsule Wardrobe concept makes it just as effortless to wear a confidence building yet comfortable outfit as it is to throw on yoga pants and a baggy t-shirt (my normal attire). Unlike many books and articles about capsule wardrobes she doesn't give you a bunch of rules (have this many pieces in your

wardrobe, wear this color or style). Instead she helps you analyze what you do like: colors, styles, accessories. Then she helps you visualize how that can all work together. By following her tips for choosing colors and styles I like and feel good in, I feel more confident when I go into a store to choose new clothes. By adding a few pieces at a time (even from thrift stores or my beloved clearance rack) I can build a mix and match wardrobe that is just as simple for me as jeans and a t-shirt.

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