

what not to wear



Trinny Woodall & Susannah Constantine

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BEST FRI: S WON'T TELL YOU THE TRUTH...
BUT TRINNY & SUSANNAH AREN'T YOUR BEST FRI: S.

"Blondes and shiny fabric equals hooker."

"The top is a disaster. Unless you're four years old."

"No one looks good in a track suit-not even Madonna or J-Lo."

"Cropped pants make any woman look like a stunted man."

LOOKING GOOD HAS NOTHING TO DO WITH FASHION TR: S. IT'S ALL ABOUT WHAT NOT TO WEAR...

"We're not shy of making criticisms," says Susannah. "But we wouldn't say, 'You've got a great fat butt-end of story.'"

What Not to Wear is a book of hands-on advice and straight-talking guidance that is all about personal style-dressing for your body shape and personality. So what's your problem?

- € Big Boobs € No Boobs
- € Big Arms € Big Butt
- € No Waist € Short Legs
- € Flabby Tummy € Saddlebags
- € Short Neck € Thick Legs

TRINNY & SUSANNAH WILL TELL YOU WHAT TO TOSS, WHAT TO BUY, WHERE TO FIND IT, AND HOW TO WEAR IT.

What Not to Wear Details

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From Reader Review What Not to Wear for online ebook

Margaret says

Oh, this was fun to read or maybe I should say view since it was mostly pictures! I see I am doing some things right but of course still need much improvement.

I found the use of food analogies for what you might look like in certain styles very amusing - breasts that look like lumpy custard and arms like sausages. For some of us, food is the very reason why we must resort to clothing as camouflage in the first place.

It's interesting that Trinny & Susannah do differ somewhat in their advice from their American counterparts Stacey & Clinton. I can't say I've ever seen anyone in the US wearing a dress over pants & I'm thinking that might not work well in the warmer regions here.

Yes, I too agree that a little more on accessories would be nice, especially hair and make-up which wasn't mentioned at all. LOL, I really need help with hair!

Thanks for sharing it - very enjoyable and I think a mini shopping trip is now in order! :=D

Ok, I just had to tell everyone this! -

I had a dream last night that I was picked for What Not To Wear and I was in a store buying clothes with my \$5,000 credit card (so it must have been the US version). I found lots of stuff that looked good and fit the rules and I didn't worry about the prices. I got to the check out counter to pay and discovered that my purchases added up to \$5,690 (I remember that number very specifically!), so I was over the \$5,000 on the card. I didn't know what to do and then I woke up!

LOL.... What do you think this means?

Kimberly says

This is one of the great books to have as a resource for clothes. I think at least once a year when going through your clothes to give away and for sure before you buy new ones check this out so you know what not to wear!

Suzanne says

I like that the book is broken down body issue (big boobs, large behind, etc) and that they tell you what to wear to make each area look better. When I was much younger I was very stylish and always fashionable. With all the changes over the years in my body shape I have found it much harder to figure out the right clothing pieces for me. Reading this book is giving me a guideline of things to look for on my quest to regain

my stylish self.

Sharon says

This book was atrociously bad - not worth the 30 minutes it took me to skim it, and definitely not the couple of bucks I paid at a library sale.

The authors' tone is disturbingly negative about everyone's bodies. The blurbs accompanying each example are poorly edited. The clothes are all dated, which is no mean feat considering that this was only published 8 years ago. Ugly, unattractive clothing does not support your style argument!

Perhaps most appalling of all, Trinny obviously hasn't learned that a chest that doesn't require support and shaping can still need coverage. And, holy hell, does she ever need some coverage.

For a much better read and more reliable advice, try *Closet Confidential: Style Secrets Learned the Hard Way*.

Abby says

I recommend this book to: no one. It wasn't very good. And I would have thought this even if I hadn't been reading Stacy London and Clinton Kelley's book "Dress Your Best" at the same time, as that book is 100 times more helpful and made this one look even worse by comparison.

While it didn't completely lack anything useful, here were my beefs with it:

1. There were way too many words that I didn't know, with no explanation or accompanying photograph. I don't know if they are words from the British language, or the Fashion language, but I didn't speak them. Clinton and Stacy's book, luckily, has a glossary in the back with pictures and definitions, so I could look up what I didn't know from this book in the good book, theirs.

This is frustrating. Tell me what the heck these things are: drainpipe jeans, bias cut skirt, hacking jacket, funnel coat, slash neck, magic panties (those sounded cool), kaftan dress, shift dress, etc, etc... Without even a picture, I have no idea. (On the same topic, they would write a paragraph on, say, flared jeans, but show a photograph of the author's body cut off at the knee. Wouldn't it be more important to show the bottom half of her body, since that is what the page is talking about? I would be fine with them cutting their heads off.)

2. The only two models are the two authors. So the skinny one modeling clothes to hide a big butt is lame. Yes, SHE thinks she has a big butt, but in reality she does not. Hire some models, dang it.

3. Speaking of Skinny Girl, she has no boobs and does not, thus, wear a bra. I know this because I could see her nipples in every photos. Seriously, did they not have a heat in the photo studio?

4. On the left side of the page, they show the worst clothing example for a certain body type, on the right side, they show the best. On the "worst" side they would slouch, face the camera straight on, and make a frowny face. So no matter what, they looked bad. On the right side, they would smile, strike a pose, and

stand up straight. That was annoying and distracting.

5. While flipping through the book (before I understood the format of worst clothing on the left, best on the right), I would see an outfit and think, "Oh, yeah! That does look terrible." Then I would realize that this was their example of the very best outfit for this body type. Seriously, some of their "best" outfits are hideous. **HIDEOUS!** I am not joking.

If your library already has this book, then it's worth checking out and glancing through, but never, ever spend your own money to buy it. Unless you're British. Then maybe you'll like it.

N.N. Light says

I read this when it first came out and it really helped me develop my own sense of style for every occasion. I still read it to this day. It's like having a personal shopper on your bookshelf. You never have to worry about the authors being nice and telling you the truth. Love the full-color photographs. A must own for any fashionista!

My Rating: 5+ stars

Amy says

Speaking of guilty pleasures, here is one of mine. I read this book a few years ago and I donated about 1/3 of my clothes after reading it (and I think I'm better off for having done so). Their shopping suggestions are a little out there, though. I wonder what percentage of their readers go to Chanel, Chloe, etc.??

Butterfly says

Contains a few good ideas for dressing your body type that I'll definitely take away. I thought the abrasively honest tone was funny.

BUT:

-Trinny, wear a bra!!!! Nipple show is NOT sexy, knock it off!!

-They should have included other models. I noticed that some of their "what (not) to wear" outfits sometimes contradicted each other in different chapters, depending on what they were trying to emphasize/hide, yet it was still the same person! In one chapter, Trinny shouldn't wear an A-line coat due to whatever (her "stumpy" legs, I think), but because of her supposed "saddlebags", she's shown wearing a similar coat in the "what to wear" column in the saddlebag chapter. I also found it rather ridiculous that she was the model for 'big bum'. (It is not big.) In some pics she tries to make it bigger by standing with her feet further apart. :/-Some of the "right" outfits looked absolutely hideous.

-It was lame how in some of the "wrong" pics they wore exaggeratedly bad and ill-fitting versions of what they shouldn't wear, slouched, frowned, etc. Of course that looks bad!

A good book to flip through, borrow, or check out from the library, but not necessarily own.

Mel says

This book has a simple, easy to grasp set of rules for different body types. You'd think it would be obvious to us what flatters our shapes and what does not, but after reading this book I have changed my ways. And as a result, I've been getting lots of compliments on my same old wardrobe AND people assume I've lost weight. I haven't. Thank you, What Not To Wear!

Vieve says

I guess I'm into self-help. Heaven knows I need it. Gives great advice on what the thin folk can wear and what we buttery folk should stay away from (or wear.)

Nancy Schober says

These girls are the best! They don't say wait until you've lost 5, 10 or 50 pounds to look good. Like *Allure* magazine they operate under the premise that every woman can look her best. Without dieting, surgery or exercise.

Juliet Gilchrist says

I loved this! It is really nice to be able to see what different cuts fit with your body type. I will never wear tapered pants again! LOL

Janet says

I managed to depress myself when it occurred to me that I had 5 out of the 10 common flaws the girls talked about. This book is useful because not only does it show pictorial examples of "wrong" styles vs "right" styles, but it gives the reason why. Trinny and Susannah were the models for the pictures. I found that reassuring—they've got the same problems the rest of us do. Especially helpful was the directory in back, listing where to find all the clothes pictured, including price range (Guiltless, Slight Guilt, Guilty for Days) and address/phone numbers of the stores.

Sacapsie says

Reading the reviews for this book was interesting... They reflect just how confused women are about their bodies. The same people bash this book for its body negativity and criticize Trinny Woodall because she does not wear a bra under her shirts. It takes an extra dose of doublethink to be this unselfconsciously

prejudiced.

Here is my take on this book, and others like it. They definitely play to the insecurities that women have about their bodies, and they will continue to sell for as long as women invest themselves as heavily in their appearance as they do in the Western society. This book kind of reminded me of that scene in Mean Girls where the Plastics gather in front of the mirror and ritualistically enumerate their flaws: "man shoulders", huge pores, etc. Most women do this, consciously or not, out loud or to themselves. So these books and TV shows will always find a market.

The other problem is that current fashion does not always accommodate one's body type. Skinny pants may be in style, but they are not necessarily flattering. Dresses without sleeves are not going to be a good idea if you don't like how your arms look. Baggy tops do not work with certain body types, and the same is true for tight tops. Trinny and Susannah rightfully point out that women often buy clothes because they like the idea of them and not because they show off their bodies to the best advantage. And let's face it, most people want to look good, if they care about looks at all.

I am glad I read this book--it taught me to consider what I want to highlight and what I want to hide when I dress, and to shop accordingly. In fact, the very first time I went shopping for clothes after reading this book, I got a compliment from an elderly gentleman stranger on the street who said I had a "beautiful figure" (which is nothing to be ashamed of but also nothing super-special; I am no Marilyn or supermodel). I think we would all be wise to dress the bodies we have instead of tormenting ourselves by dieting down to bodies we wish we had, and this book takes a pragmatic approach to the problem.

I have seen people criticize this book because it gives contradictory advice. I say, use your head. The book lays out general principles about dressing to highlight or hide certain parts of your body. If you can't decide what to hide and you hate everything about your body, perhaps you have bigger problems than a random fashion book can solve.

Beth says

I read this book last year, but decided to read it again. I'll be shopping for fall clothes soon and needed a quick refresher course as to what not to buy! After reading this book (last year) I realized that I had been buying and wearing the wrong clothes. While I'm still not a fashion expert by any means, I did learn a lot about what clothes I should be wearing. A lot of their tips have been very helpful. I bought some of the clothes they suggested for my body type and I did look better. And when you look better, you feel better too! I still have a closet full of "wrong" clothes for my body type, and do wear them at times. However, I plan to donate them soon ... after I purchase some "right" clothes.
