



Change Your Clothes, Change Your Life: Because You Can't Go Naked

George Brescia

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Open the door to harmonious, powerful, and positive dressing with a guide that's like *The Secret*—for your wardrobe. In this groundbreaking how-to book, style expert George Brescia shows you how to transform yourself from the inside out.

More than a style guide, this revolutionary book by a seasoned stylist teaches a method of conscious dressing that begins with a powerful internal change. Instead of just grabbing for whatever's on hand, you'll learn to set your goals for the day, determining how you want to be perceived, and then dress in a way that helps manifest those intentions. *Change Your Clothes, Change Your Life* reveals the true power your clothing has to affect your life, showing how this second skin impacts your job prospects, your romantic life, your income, and even your deepest sense of self. Translating his styling methods into a philosophy anyone can apply on her own, Brescia also delivers tips and tricks of the trade to help convert even the most hapless dresser into a happy and educated shopper. Because the goal is to have you not only looking great, but feeling more confident, too. From major closet overhauls to a whole new philosophy on color, this is a comprehensive manual for anyone who's ever looked at her closet in despair.

Accessible, direct, honest, and thought-provoking, *Change Your Clothes, Change Your Life* takes an eye-opening look at the intersection between our clothing and our emotions, hopes, and dreams, showing us how improving our external appearance can have life-changing effects on how we're perceived by others—and more importantly, on how we perceive ourselves.

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