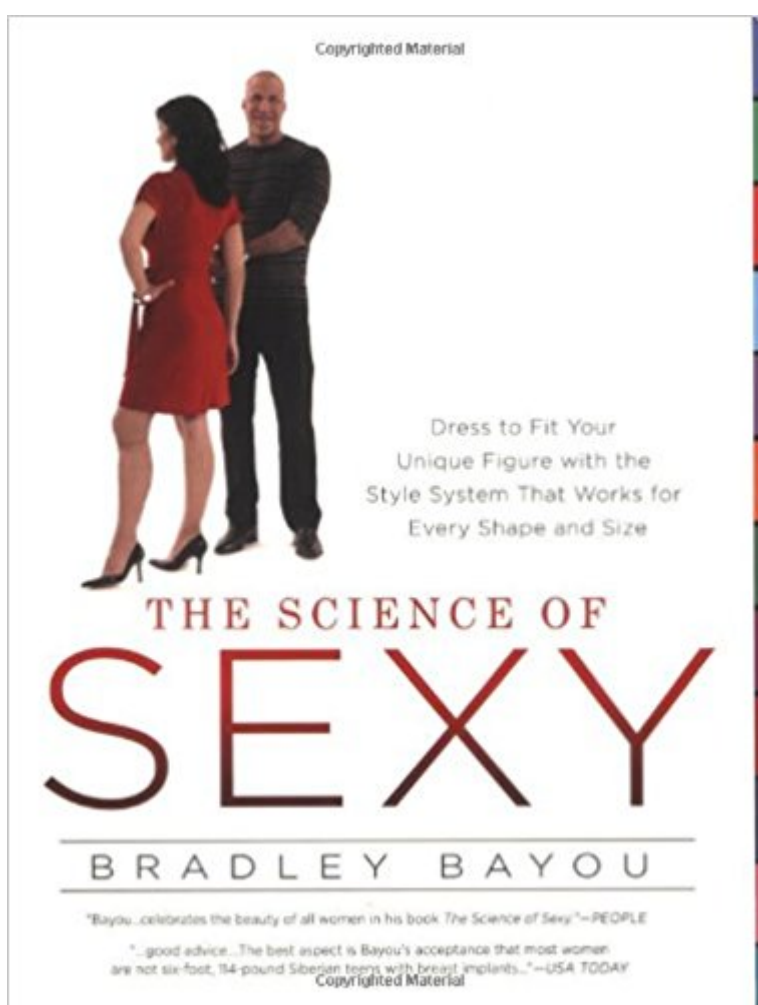


The book was found

The Science Of Sexy: Dress To Fit Your Unique Figure With The Style System That Works For Every Shape and Size



Synopsis

A celebrity fashion designer gives every woman the red-carpet treatment in this foolproof guide to choosing clothes that make you look fabulous?with tailor-made tips for forty-eight body types. From Oprah to Eva Longoria, top L.A. designer Bradley Bayou has dressed women of all shapes and sizes and knows that every woman has her own natural combination of silhouette shape, height, and weight. Style is not about fitting into the size you think is sexy, it is about picking clothes that fit your body correctly and that create balance. In *The Science of Sexy*, Bayou helps readers identify their silhouette shape (triangle, inverted triangle, rectangle, or hourglass) and combines that information with a height/weight chart to determine which of the forty-eight ?fitting rooms? to go to in the book. Each fitting room has Bradley?s specific advice on the clothes and accessories to wear and avoid, and how to create balance using color, scale, proportions, and fabric.

Book Information

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Customer Reviews

I wish I'd thought of this before I wasted my money: If you match one or maybe two of the ***forty-eight*** body types, that means that MOST of the information in this book will not apply to you! Out of the remainder of the information, some of it is meant to apply to almost everyone. That leaves just a few pages that will apply to you. Maybe. The suggestions for my body type were generic at best. I have found better, more detailed advice online - for free. And frankly, some of the suggestions in this book were seriously unattractive. Also, if you get a chance, take a look at the celebrity photos. What will you see? The same corset-like waistband on gown after gown after gown, even though the celebrities are different body types. This book is a disappointment.

I am in my 30s. I know what looks good on me, but this book explained why and taught me a few things I did not know. I know exactly what to go looking for now, and I know how to make sure the purchase is worth it. There is a certain amount of confidence that comes with walking into a store, and not even bothering to try on the items that will not look good. You can explain, to friends, family, and the ever helpful store workers, that an item will or will not look good based of the information you learned in the Science of Sexy. Anyone who has been shopping with other people knows how tough that moment can be. There is always that super insistent person that wants to you try or buy this one thing that you know will not look good. Now you can explain exactly why it will not work, and why you are not even wasting your time on it. You will also find yourself assessing the clothing choices of the people around you. Some people will be spot on. Others will make you want to photocopy the pages relevant to their body type, and slip it under their door. Warning: Only about 15% of this book will apply to you. The other 85% covers everyone who is not you. Do not let that deter from buying the book. If anything, you can become the resident style guru of your social circle. P.S I discarded/donated half of my closet within two months of purchasing this book. There was simply no reason to keep anything that did not work. The only things in my closet right now are items that fit well, will last ages, and looks very good on me.

I absolutely loved this book. It is just what the everyday woman needs. It gives great tips to use and clearly explains out to use them. I read "my chapter" before going shopping for new clothes. After the first time, I walked in to work and everyone was really impressed how good my clothes looked! I gained weight and changed shape and had been struggling to figure out what type of clothes would look good on my new body type. This book was the answer! I recommend it to every woman!

I am beginning to think that fashion books are just not for me. I recently bought (used thank heavens!) this book, "How Not to Look Old", "Nothing to Wear" & "Style Rx". None of them seem very useful to me personally. The good points of this book is that Mr. Bayou seems quite sincere in his desire to make all women look and feel sexy no matter what the raw material. He does deal with the problems of fitting plus size women. He works from the presumption that the hourglass is the most desirable body shape and shows you how to create that illusion. He breaks women down into 4 body types; rectangle, inverted triangle, triangle and hourglass. He then expands these types by adding in height and weight to create "dressing rooms" where you can look at what you should be wearing to look more like the desirable hourglass shape. I was in trouble at the start as I was stuck

between two different and contradictory shapes - rectangle and hourglass. I have always thought of myself as an inverted triangle/rectangle. I finally looked at the recommended clothing types for ALL the body types in my height and weight category and realized I wasn't going to wear much of anything shown. If you have a short thick waist the last thing you want is a belt around it and Mr. Bayou LOVES belts. I guess I'm just a hopeless non-style case.

great book

This is a re-purchase of this book because I loved it so much. I loaned my copy out and never received it back again. I am assuming the other person loved it as well.

Very useful information on how to dress to fit your total shape - not just to hide your perceived flaws.

The most concise and accurate book of body types and clothing I have found thus far.

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