



The Power of Style: Everything You Need to Know Before You Get Dressed Tomorrow

Bobbie Thomas

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Get your style therapy with *The Power of Style: Everything You Need to Know Before You Get Dressed Tomorrow* by Today Show style editor Bobbie Thomas.

This thoughtful and inspiring guide provides the information you need to feel stylish, smart, sexy, and satisfied—with a look that's uniquely your own—in order to become your most confident and beautiful self.

You're invited to gain self-awareness, clarity, and confidence, and take full advantage of the fashion tips, tools, and lessons that Bobbie Thomas lays out, including how to identify your best colors, how to select the most flattering clothes for your individual shape, how to edit your closet, and how to shop smart—to harness the power of self-expression.

The foreword by fashion icon Fergie of the Black Eyed Peas, and color illustrations throughout, reinforce Bobbie's mantra of self-expression: "Style is the way you to speak to the world without words."

The Power of Style: Everything You Need to Know Before You Get Dressed Tomorrow Details

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Author : Bobbie Thomas

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MB (What she read) says

Of the three fashion self-help books I read this weekend, I found this one to be the least useful.

I do recommend it, with qualifications, for newbies. This book would be useful to you if you know absolutely nothing about how to make yourself look more attractive--in that case, this may be a good remedial read for you.

However, if you are looking for any new tips, I don't think you're going to find them here. Frankly, everything in here was familiar to me.

This book would also have been majorly improved by way more photos and graphics illustrating her points. A fashion book without examples is pretty much useless to most people. I'd give this a "D" for that aspect. I recommend you watch her on TV and skip the book. (Unless you really *WANT* to do a lot of homework and analysis. As she says in her forward, what drives her is the counseling aspect of fashion. You will find that in spades here.)

For an example of fashion books with good advice and illustrative examples, I recommend some of Trinny and Susanna's. A picture is worth a thousand words.

Joni says

I've always been a jeans & T-shirt type of person. But this book came in handy with defining more of a style & working with color palettes. Passing this book onto a kid who i think would enjoy.

Kelley says

I felt the most important part of this book is the in depth look into the inner emotional turmoil that comes with fashion. My struggle began early in puberty when I let clothes dictate how I thought I should be shaped. The fit (or lack there of) of designer clothes mocked my seemingly weird shaped body proclaiming I was unworthy of any fashionable style. This book clearly addresses many self-esteem issues (like mine), and not with just one or two pithy sentences, but with many thought provoking exercises.

I learned a lot and enjoyed reading the book cover to cover. I recommend it for anyone who wants to shift their perception about style and is wardrobe challenged, like me.

Cooper says

I'd give this a 2.5 stars.

If you're a fashion virgin, this book should be on your reading list. But if you've read other books on style and fashion, this one can seem basic.

She provides a solid foundation on how to build your style taking into account your skin tone, body type, and budget. She reviews on how to best take care of your clothes and shopping tips. I did come away with a great tip of using candle sticks as a way to display my numerous large bangles and bracelets.

If you're new to the "what style should I go after", this is a great read. If you're a little bit more astute, it's a good book to browse through. For me, I'm the latter and that's why I the 2.5 stars. It really didn't provide any new insight but it wasn't a bad way to spend an hour.

Minna says

It was interesting, I guess... nothing new, certainly. Inspirational if you are the type of person who can talk yourself into being confident. I was most interested in style tips and found this book a little light (lite?) on those.

One thing that really bothered me was: I couldn't find any of the color groups that really fit me. I mean, I wear many of the colors of one group but there were colors included in what I would have chosen as "my" group that make me look like I've had a rough night (if you know what I'm saying) or flat-out consumptive. So, in reference to the colors, I'm pretty sure I struck out. I'm gonna make my **own** color group. Rebel!

You know what? I'm downgrading this book from 3 stars to 2. It might really help some people but it didn't do a lot for me. Oh well.

Talie says

Restrictive in sense of good style. Someone could set up a script to algorithmically suggest what to buy next or what to put together.

The idea of creating your own look book from your own closet is solid (not sure if this is innovative on her part) A lot of work but would really help to reduce the need to want more. And a fun start point for creating recommender systems.

Diana says

My friend gave me this book as a gift. This friend always gives the most perfect gifts. Once again she was on the spot

I loved that this book focuses on your style on the inside first before addressing how to best style your outside. So many wonderful activities to really help you determine what makes you unique internally and then helps you bring that out. I was already doing many of the things suggested in this book which made me feel wonderful. Style and fashion have always been intriguing to me yet I never really felt I had the knack. This book helpse realize that I do have a style and I have a pretty good sense of what I am doing. Who knew!

Not me. That is for sure! Great read if you enjoy self help books and being the best you that you possibly can

Sonya Wright says

I bought this for my daughter for Christmas and read it! I like Bobbie Thomas and have enjoyed seeing her on the Today Show in the mornings. It was so interesting to learn more about her past career. She is a lovely person inside and out and has so many ideas that apply to my daughter, who is 20, but also to me, at my old age! Thoroughly enjoyed the change of pace, reading a book that is different than most I read.

Katra says

A refreshing and valuable take on style. This one is not so much about what's in right now as what is in your head. The first half of the book doesn't touch on color or fit at all. It's about self knowledge and communication. Summed up the book says 90 % of communication in non-verbal and how you look says a lot. "I'm not here to tell you what your message should be, just that you're sending one and you should know what it is." It really made me think, and then it really got me to clear a lot of crap out of my closet.

Andrea van der Hoek says

I picked this up because it was available at the library, and I think Bobbie Thomas is just adorable on the Today Show. I wasn't expecting much from this book, but it was better than I thought and I would certainly recommend it to younger women (high school) to boost their confidence in their own personal style.

Marcy Graybill says

Pretty standard style book. Liked the pictures, and I haven't seen a lot of discussion of color analysis for a while. It was interesting to read a new take on the old concept.

Heidi says

There were a few good ideas in here, but I feel like this gives the same information a lot of other books about style give. I'm not sure what I'm looking for at this point... apparently this wasn't it

Kerry says

This was an interesting book and covered some topics that a lot of other books tend to leave out such as figuring out which colors look best and building a core wardrobe around those colors. Most of the book is dedicated to psychological aspects of style, which I liked.

Susannah says

This is more than your standard style guide. As well as teaching women how to look good and make the most of themselves, it also encourages women to develop their characters and work on what is inside. The first part of the book is devoted to encouraging women to like themselves as a person - no matter how they look on the outside - and to find what is good about yourself and to like it. The second part is about developing your appearance to reflect how you feel about yourself inside so that the two are in harmony. Bobbie Thomas says that your image is important as it reflects your personal brand, and tells the world who you are and how you see yourself. Appearances do matter unfortunately, so her aim is for women to have one that accurately reflects who they are so when people judge you on your appearance (and they will!) that the message you send is an accurate reflection of who you are as a person. The second part has some very helpful colour charts to work out what colours suit you, and how to dress to compliment your figure. A great image guide.

Christina! says

I just loved this book. It's divided into two parts. Part One (*Change Starts Within*) is all about the internal you - steps to help you build up your self-esteem and to understanding the importance of style. Part Two (*Bringing the Inside Out*) takes you into the nitty gritty of developing your own style: picking out the colors best suited for your skin tone, the best clothes for your body shape, etc.

Both parts of the book were immensely well written and never seemed supercilious. Ms. Thomas's writing was engaging, kind, and positive. It's also surprisingly interactive. You, as the reader, are asked to participate in little exercise to learn about yourself, your surroundings, your closet, etc.

I'd recommend the book to everyone willing to put a little work into changing from the inside out.
