



Style Rx: Dressing the Body You Have to Create the Body You Want

Bridgette Raes

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Style Rx: Dressing the Body You Have to Create the Body You Want Bridgette Raes

An illustrated guide for using clothes to overcome body challenges and create an individualized look and style.

For any woman who has a big butt, flat chest, large waist, thick ankles, unwieldy thighs, short legs, or a round belly, Style Rx is the prescription she needs. With more than 250 photographs and fifteen illustrative personal case studies, image and style consultant Bridgette Raes helps women to understand the unique proportions of their bodies, part by part, rather than classifying the female body into an impossible generic "type." She prescribes cuts, colors, and fabrics that make the most (or if necessary, the least) of what they have for their best possible look. With practical advice, a mix-and-match approach, and an understanding of how to create balance, she helps tackle common body issues and finds clothes than can make women look and feel great-as simply as possible

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