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Shopping Brake: Proven Tips to Stop Shopping Wrong, and Start Shopping Right for a Wardrobe You Love (Paperback)

By Lisa Deerwood

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Shopping Brake is the self-help book for 2 types of people: those trying to overcome a shopping addiction and those who wish to improve their wardrobe. In this comprehensive how-to guide, Lisa Deerwood, a former shopaholic and expert in analytical and critical thinking, tackles the obstacles that lead people to shop too often, for the wrong types of clothes. Based on personal experience and more than a decade of research, she provides real-world advice about everything related to overspending and managing a wardrobe, including: Reprogramming the way you think and shop for clothes Mastering closet organization and making what's inside your closet work for you Establishing your style personality, color palette, and clothing details Stopping your shopping triggers before they can do more harm than good Building a carefully curated wardrobe that has been personalized for you Enjoying the results of all of your hard work By the end of Shopping Brake you'll understand how to stop shopping wrong and wasting your money, and start shopping right and buying clothes that you know are right for you.



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