How to Never Look Fat Again: Over 1,000 Ways to Dress Thinner--Without Dieting! by Charla Krupp

Good First Book, But This Is A Poor Second

The new groundbreaking style-guide from bestseller author Charla Krupp on how to look 10 pounds lighter, 10 years younger and 10 times sexier every day, all year—in summer, winter, at the gym, even in a swimsuit!

You'll never get dressed the same way again once you discover:

* smart, easy ways to hide arm flap, a big bust, a muffin top, back fat, Buddha belly, a big booty, wide hips, thunder thighs, and heavy calves—and that's only half the book.

*which fabrics, colors, and styles make women look fat

* absolutely the best shades, shapes, and brilliant buys to make the pounds invisible

* clever solutions for special fashion situations--workout gear, evening wear, and even swimsuits!
*which products, fashions, and services you shouldn’t waste your money on

*the top ten tips that will make you look thinner by tonight!

So, if you’ve ever put on a piece of clothing and asked Does this make me look fat? Finally, here is the book that will answer your question.

My Personal Review:
I had purchased Charla’s previous bestseller, How Not to Look Old, gleaned a few tips (she dared me to buy designer jeans, despite being in my 50s), and then sold it on Amazon. Because, let’s face it, whatever tips she gave will be outdated in a decade. Her new book, however, has the potential to be a keeper. It contains timeless tips on how to look ten or more pounds thinner simply by the way you dress.

The book covers all sorts of body types such as big bust, wide face, arm flap, large belly, wide hips and thighs, big booty, heavy calves, wide feet and ankles. There is also a chapter on how to never look fat in summer, another for winter, another for workout clothes and one for evening clothes. A final chapter tells you what to do with your cast offs.

Each chapter has photos of famous people used as examples--mostly stars, but even Michelle Obama pops up in a couple. Each chapter also has quite a few special sections. You know you have it when... contains a checklist to see if you have the problem. There is a list of High-fat/No-fat clothing and accessories analyzed for their potential fat-making content. The Swap-outs section tells you how to exchange pieces of fashion for your body type. There is also a list of 10 Things that Make You Look Fat. Thinner by Tonight! provides instant gratification for dropping a dress size in seconds. Brilliant Buys gives specific recommendations for products that work, detailing brands, style number, prices and where to get them. The Vows section has (sometimes humorous) vows for your type. There is also special advice for the petite as well as the size 14 and up. The Don’t waste a penny on section warns you about beauty bull and fashion hype, while the Going to Extremes section informs you on cosmetic surgery, dermatological treatments, and other possible solutions. The Don’t you Dare section gives you a one-sentence piece of advice that even your best friend might not tell you.

Since I am a classic apple shape, I went straight to the chapter on Buddha Belly. The first page has AKA with other names for your type; some of mine were jelly belly, belly fat, pot belly, belly rolls, and girly gut. I am told to live in bike shorts as the easiest way to drop a size fast. I should also
switch all my underwear to shapewear such as Spanx, high waste bike shorts, Lip in a Box, TC, Wacoal or Donna Karan.

To my dismay, I learn that a dress is better for me than a skirt or pants. (I hate wearing dresses!) And the dress should be empire waste with a belt high above my waistline. I am happy to see photos of Demi Moore, Sandra Bullock and Gina Gershon all modeling the kind of dress with a belt that should flatter my figure. (Perhaps they are secretly apple shapes too.) 10 things I should never wear include a short top, a wide belt, a belt at my waist, tuck in tops, long fitted tees covering my stomach, bathrobe-style coats and knits, high-waist skirts and pants, heavy-duty layering, tight sequined tops and dresses, and waist high shapers. Some of these I have been guilty of wearing and I am given an explanation for why I shouldn't.

There is also a list of every kind of jacket or blazer and the style I should buy it in. For example, if I want a safari jacket, it should be belted, patch-pocketed, with epaulettes. (What are epaulettes?) In the High Fat vs. No Fat section I see a woman dressed to look very fat, in a skin-tight dress which I would never dare wear. I am amazed to see how much better she looks with the black empire waist dress with a thin belt above the waistline. Some of my thinner by tonight tips are things I never thought of, while one of them makes me laugh: Hold your bag in front of your stomach, a tried-and-true celebrity trick. A big clutch works. Small dogs and babies do, too.

Well, Charla, that last book you wrote cost me a lot of money in shopping. I can see I'm going to have to hit the malls again! I might even have to get a small dog or baby as an accessory.

Susan Schenck, author of The Live Food Factor: The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet and Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work

For More 5 Star Customer Reviews and Lowest Price: 
How to Never Look Fat Again: Over 1,000 Ways to Dress Thinner--Without Dieting! by Charla Krupp - 5 Star Customer Reviews and Lowest Price!