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the story of Meg who, on a whim, bought a hat, that drew a man to her at a party, that led to a marriage proposal.

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of our mood, lives and self perception but actively influences these areas, and thus by changing our wardrobes we can, indeed, change our mood, life, and way we and others view us.

**Mind What You Wear: The  
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MIND WHAT YOU WEAR: The Psychology of Fashion e-book. Published by Amazon Singles 2014 (UK) £1.99 Also available from Amazon.com \$3.19. In this book I reveal the inner secrets contained in the clothes we wear. It will help you decipher the subtle clothing clues people use every day to project or hide their true personality.

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## **Karen Pine - Psychologist, Author and Speaker.**

The selection of something to put on is not just an aesthetic or practical decision. It's also about what feels right and what suits our mood. And whether

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we are conscious of it or not, we all choose clothes that reflect, manage or regulate our emotions. This is what I explore in my latest book Mind What You Wear: The Psychology of Fashion.

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So you are hearing all of the hype and

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Fascinating read This book reinforced my thoughts and feelings on the relationship between clothing choices and confidence. If you think what you wear doesn't matter than you definitely need to read this book. Includes a simple to

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follow “Do” list at the end to get out of a clothing rut.

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Claire Hooker , University of Sydney

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2005-2007 Platform21, 2008 Oude Kerk, Amsterdam, NL  
Between 2005 and 2008, in collaboration with Platform 21 (Premsele Foundation) and Tineke Greijdanus, Mind What You Wear curated

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and produced the SALE! Show, the first green and fair trade fair in Amsterdam: SALE!

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