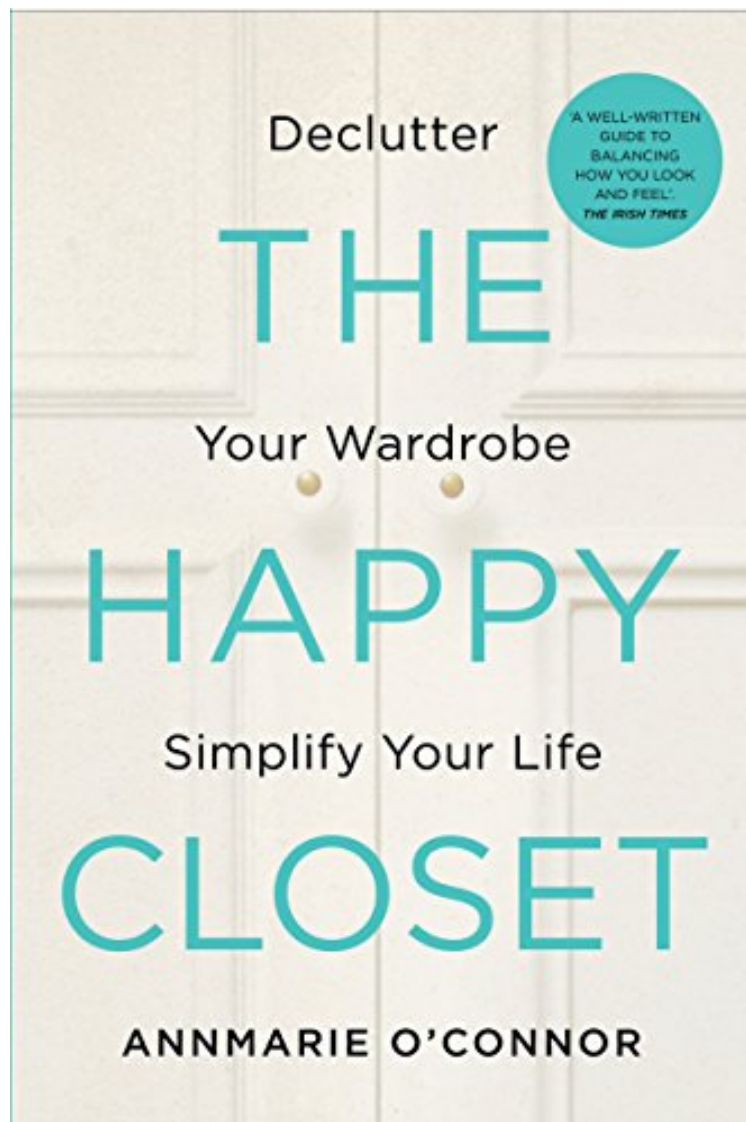


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The Happy Closet ndash; Well-Being is Well-Dressed: De-clutter Your Wardrobe and Transform Your Mind

Annmarie O'Connor

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Clever, smart and handy. Full of wonderful ideas, tips and funny tales. She is super witty and I may ad beautiful. Wonderfully laid out helper.

Get ready ndash; itrsquo;s time to create a happy closet! The Happy Closet will help you transform your wardrobe (and your mind) into an organised and clutter-free space, ensuring you dress for the person you are today and never again utter the ill-fated words, 'I have nothing to wear'. In this inspirational book yoursquo;ll find out how to move past the unconscious hoarding patterns in your personality. You will learn how to go from collecting rails of clothes you rarely wear to shopping effectively and mindfully to building a wardrobe that works for you, whatever your lifestyle. Once your clothes are in order, you will feel more confident, more in control and less anxious. This is a book for anyone who has ever wanted to have more with less. Get ready to discover your Happy Closet, where well-being is always well-dressed.

About the Author
Fashion journalist and stylist by trade, reformed hoarder by habit, Annmarie O'Connor shares how she went from impulse buyer to decluttering coach by uncovering the emotional hang-ups and unconscious habits that underpin closet happiness. Meet your new closet therapist. Annmarie is an award-winning fashion writer, stylist and founder of The Happy Closet - a lifestyle decluttering service which balances well-being with being well-dressed. Her editorial and styling work has appeared in publications such as the Irish Examiner, Sunday Times Style magazine, The Irish Times, Irish Tatler, Image and The Gloss. She has also styled for London Fashion Week, The Voice of Ireland and clients like LVMH, Harvey Nichols, Brown Thomas and BT2. On air she is a regular contributor to The Dave Fanning Show, The Ryan Tubridy Show, TV3's Xpose and Ireland AM, and RTE's Today Show. She is editor of the Louis Vuitton City Guide to Dublin 2012. For further information visit www.thehappycloset.me