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Nota di contenuto	Cover -- Title Page -- Dedication -- Contents -- Introduction -- Chapter One: Opening the Doors -- The Big Reveal -- The Nine Closet Types -- The Closet Quiz -- Chapter Two: Old Habits Die Hard -- How to Change the Habits of a Lifetime -- Triggers and Willpower -- First Response Training -- Constant Craving -- Typical Triggers -- Excuses, Excuses, Excuses -- What's the Pay-off? -- Chapter Three: How We Shop and Why We Hoard -- The Female Psyche -- The Psychology of Shopping -- Are You Emotional or Unconscious? Tackling Your Shopping Type -- The To Don't List -- How to Speak Retail -- Purging the Urge to Splurge -- Chapter Four: Less is More - Why We Don't Actually Need that Stuff -- The Paradox of Choice -- Security Blankets are for Kids -- Hang-ups, Habits & -- Happiness -- The Ryanair Theory -- The 10 Kilo Challenge -- Chapter Five: Trends and Basics - Less is More in Action -- Finding the Balance -- How to Identify a Trend -- How to Incorporate a Trend -- Basics Cheatsheet -- Signature Style -- Creating Your Signature -- Chapter Six: What's Your Relationship Like? -- The Heart of the Matter -- Real Love -- Fashion Flings & -- One-Night Stands -- Wedding Fever -- The Relationship NCT -- Breaking Up -- Dating vs Shopping -- Plan of Action -- The Body Scan -- Online Shopping -- Keeping the Love Alive -- Chapter Seven: The Evolving Self -- Who Do You Think You Are? --

What's Your Story? -- Through the Looking Glass -- Implementing Change -- If the Shoe Doesn't Fit ... -- Core Closet Values (CCV) -- What You Can Gain By Letting Go -- As Above, So Below -- The Keep or Cull Audit -- Chapter Eight: Clearing The Space for Change -- Tackling Procrastination -- The Decluttering Emotional Arc -- Clearing Your Closet: The Closet NCT - Deciding What Stays and What Goes -- Curating Your Closet: Visibility is Accountability.
Hangers: The Tools of the Trade -- How to Hang and Fold Things: Happy Closet Techniques - Getting the Hang of Things -- Store or Display? -- Storage Cheatsheet -- Inside a Stylist's Kit Bag: Treatment - Keeping the Life in What You Love -- Putting the App in Happy - Technology -- Ch-Ch-Ch-Changes -- Chapter Nine: Well-Being is Well-Dressed -- Reflections -- The Ten Truths of Closet Happiness -- Chapter Ten: Happy Closet How-Tos -- How to Measure Yourself -- How to Put on a Bra -- How to Walk in Heels -- How to Put on Tights -- How to Care for Cashmere -- How to Wash Intimates -- How to Store a Wedding Dress -- How to Pack a Suitcase -- How to Pose for Photographs -- How to Spend Money on Clothes -- How to Spot a Fake Designer Bag -- How to Crack a Dress Code -- How to Create a Happy Closet - Balancing Well-Being with Being Well-Dressed -- Further Reading -- Acknowledgements -- Copyright -- About the Author -- About Gill Books.
