



# Applying Science to Style: Optimising the Well-being of Women Today Through the Power of Fashion Psychology

AUTHOR Yasmina Nessim  
COLLECTION EDITED BY Joseph H. Hancock II

COLLECTION  
FashionandPersonalStyleStudies

EDITION  
1st edition

MARKET  
College/higher education  
and Professional and  
scholarly

## This course reading...

- Draws on both research and testimonials of people from different backgrounds and personalities who apply fashion theory to their individual lives.
- Provides a simple approach for readers to replicate and experiment with.
- Explores how science and fashion psychology can be implemented in everyday life to help maximise mental, physical, and emotional well-being.
- Is ideal reading for students of Fashion Psychology, Psychology, Fashion Studies, History, and Mental Health Studies.

## What is the power of fashion psychology and how can it improve mental, physical, and emotional well-being?

Drawing on research and testimonials of people from different backgrounds and personalities who apply fashion theory to their individual lives, author **Yasmina Nessim** provides a simple approach that readers are encouraged to replicate and experiment with.

This book is ideal reading for students of Fashion Psychology, Psychology, Fashion Studies, History, and Mental Health Studies.

**Yasmina Nessim** is the owner of the fashion psychology business pstyled.

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