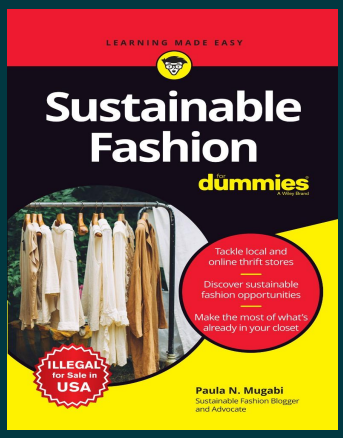
WILEY



Sustainable Fashion For Dummies

By Paula N. Mugabi

Paperback 9789363861718 ₹795.00

Pages: 272

Description

Want to learn how to make more ethical fashion choices? Sustainable Fashion For Dummies will teach you how to pick up new habits that align with a more sustainable future. The rise of fast fashion in recent years has contributed to unsafe work environments, unfair wages, and toxic pollution. With sustainable fashion, you can have groovy clothing and accessories that are produced in an ecologically and socially responsible manner, using quality products and long-lasting materials. You don’t have to sacrifice your natural fashion sense—the sustainable fashion movement is responsible for some of the most exciting new trends. Pick up this easy-to-read handbook for practical tips and strategies on making more environmentally friendly fashion choices.

About the Author

Paula N. Mugabi

Paula N. Mugabi is a fashion blogger and influencer with a commitment to fostering sustainable fashion. Her blog, mspaularepresents, champions the transformation towards conscious consumption in fashion, offering easy-to-follow steps toward sustainable fashion choices and lifestyle.

Table of Contents

Introduction

About This Book

Foolish Assumptions

Icons Used in This Book

Beyond the Book

Where to Go from Here

Part 1: Opening the Door To Sustainable Fashion

Chapter 1: Closet, Meet Sustainable Fashion

Understanding Sustainability

Preserving our planet and preventing climate change

Treating people with dignity and respect

Calling Out the Problem with Today’s Fashion Industry

The rise of fast fashion

A three-legged monster

Being Part of the Solution and Avoiding Eco-Anxiety
Taking Action: What You Can Do to Increase Sustainability
Chapter 2: Starting with the Clothes You Already Own
Taking Stock of Your Closet
Auditing your closet
Organizing your closet
Unlocking the Wow Factor in Clothes You Already Own
Knowing the color wheel
Mixing prints and patterns
Accessorizing for a different look
Using styling apps
Working with Outfit Formulas
Defining outfit formulas
Plugging in outfit formulas
Chapter 3: Adios, Fast Fashion
Identifying the Real Cost of Fast Fashion
Looking at the fast-fashion business model
Costing more than you may think
Taking a toll on garment workers
Adversely affecting the environment
Spotting Fast Fashion
Identifying popular fast-fashion brands
Spotting telltale signs that a brand is fast fashion
Moving Away from Fast Fashion and Toward Sustainability
Confronting Greenwashing
Taking a peek at sustainability
Spotting greenwashing
Chapter 4: Shifting to a Sustainable Fashion Mindset
Shopping as a Sustainable Fashion Consumer
Avoiding Impulse Buys
Use shopping lists
Take your time
Being Trendy and Sustainable
Avoiding Temptation
Detoxing your social media and inbox
Fasting from shopping
Being wary of sales
Finding a sustainable fashion community

Taking Pride in Repeating Outfits
Part 2: Purchasing Sustainable Fashion Items
Chapter 5: What Makes a Brand Sustainable?
Refuting Some Misconceptions about Sustainable Fashion
Looking at Sustainable Business Practices
Sustainable environmental practices
Transparent supply chain
Ethical labor practices
Reaching for Sustainable Fabrics
Natural sustainable fabrics
Innovative sustainable fabrics
Understanding What’s in It for You
Quality items that are designed to last
Small batches and made-to-order items
Timeless designs that won’t go out of style
Assessing a Brand’s Feel-Good Factor
Chapter 6: Buying Less but Choosing Well
Thinking Long Term
Calculating cost per wear
Deciding which items deserve the investment
Taking on the 30-wears challenge
Sizing Up Quality
Feeling fabric quality
Critiquing construction quality
Searching for perks
Assessing quality online
Choosing between natural fibers and synthetic fibers
Exploring Capsule Wardrobes
Creating your capsules
Gathering the capsule wardrobe essentials
Part 3: Going From Thrifting Beginner to Scouting Pro
Chapter 7: Easing into Secondhand Fashion
Starting Online
Getting started on the right foot
Going down the rabbit hole of online thrift stores
Measuring yourself for the perfect online thrifted fit
Finding Your New Favorite Used-Clothing Shop
Doing good by shopping at charity stores

Considering chain resale shops and consignment stores
Preparing for Your First Thrift Store Visit
Deciding when to go
Navigating the store
Dressing for thrifting success
Examining an item before you commit to it
Chapter 8: Upscaling Your Thrifting Efforts
Finding Hidden Gems
Buying Used Shoes
Examining used shoes
Knowing where to go
Disinfecting and cleaning shoes
Sorting Through Accessories
Jewelry
Scarves
Handbags
Belts
Shopping for Vintage Clothes
How to tell whether something is truly vintage
Where to find vintage clothing
Chapter 9: Donating, Selling, and Disposing of Clothes
Giving Your Clothes a Second Life
Donating Clothes to Support Charitable Organizations
The difference between for-profit and nonprofit shops
The scoop on tax deductions
Where to put all those clothes
The Dos and Don’ts of Donating Clothing
Making Some Cash by Selling Your Clothes
Consigning your clothes
Selling clothes to secondhand stores for cash or credit
Selling your preloved clothes by yourself
Saying Goodbye to Clothes That Have Lived Out Their Usefulness
Dealing with Undergarments and Socks Sustainably
Donating bras
Getting rid of old underwear
Recycling and repurposing old socks
Part 4: Keeping Your Clothes And Shoes in Tip-top Condition
Chapter 10: Caring for Your Clothes

Doing Laundry with Clothing Longevity in Mind
Making sense of labels
Understanding washer settings
Hand-washing delicates, sweaters, and more
Drying clothes differently
Keeping clothes fresh without over-washing
Deciding on dry-cleaning
Caring for Different Fabrics
Cleaning your cotton clothes
Avoiding shrinking your wools
Removing and preventing pilling
Saving your silks
Chasing the moths away
Making synthetics last
Loving your linens
Removing Stains
Deciding How to Store Your Clothes
Clothes you should hang
Clothes you should fold
Chapter 11: Repairing and Upcycling Your Clothes
Making Your Fashion Circular
Getting Your Thread Wet
Prepping your sewing kit
Stitching up for sewing success
Repairing Your Clothes with Basic Hand-Stitching
Using a running stitch
Doing the backstitch
Sewing on a button
Repairing a seam
Patching a torn or threadbare spot
Fixing snagged clothing
Joining the Upcycling Movement
Tie-dyeing your old shirts with avocado skins and pits
Making old jeans new again
Investing in Alterations or Other Significant Repairs
Knowing what alterations specialists can help you with
Finding someone who does quality work
Chapter 12: Walking Miles in Your Favorite Shoes

Considering Why Caring for Your Shoes Is a Shoo-In
Prolonging the Life of Your Leather Shoes
Everyday maintenance of leather shoes
Occasional maintenance of your leather shoes
Keeping Your Sneakers Clean
Machine-washing your sneakers
Hand-washing sneakers
Using Shoe Protectants
Storing Your Shoes Properly
Part 5: the Part of Tens
Chapter 13: Ten Sustainable Brands for Every Budget and Style
Loud Bodies
Wayre
Passion Lilie
Whimsy + Row
Amour Vert
Mara Hoffman
Kotn
Outerknown
Parade
Organic Basics
Chapter 14: Ten Ways to Shop Sustainably on a Budget
Shop Your Closet
Shop Secondhand
Shop Intentionally
Look for Affordable Sustainable Brands
Check the Sale and Preloved Page
Attend Clothing Swaps
Check Resale Sites
Consider Clothing Rentals
Calculate the Cost per Wear
Upcycle Your Clothes for a New Look
Chapter 15: Ten Perfect Clothing Items for Your Thrift List
Quality Coats
Special Occasion Clothes
Trendy Fashion
Nice-to-Have Luxury Items
Boss Blazers

Cool Leather Jackets
Fabulous Scarves
Cozy Knitwear
Clutch Bags
Versatile and Statement Belts
Your Favorite Pair of Jeans
Chapter 16: Ten Family-Friendly Sustainable Clothing Brands
Pact
For Days
Jackalo
Conscious Step
Patagonia
Tentree
Loop Swim
Many Moons
Firebird Kids
Mightly
Chapter 17: Ten Sustainable Shoe Brands
Veja
Veerah
Etiko
Nisolo
Wildling
Cariuma
Ethletic
Thesus
Good Guys
Pozu
Index

To purchase this product, please visit:
https://www.wileyindia.com/sustainable-fashion-for-dummies.html

Scan to buy