

Beat: Lifestyle

## **TWO FRENCH BOOKS relating - Sociology of Fashion & Stop depreciating yourself**

### **As a cultural process**

PARIS, 27.12.2016, 13:22 Time

**USPA NEWS** - Two different Books relating to two modern strong issues identified materially and visually. There are a number of important reasons why any analysis of contemporary culture must come to grips with the centrality to our everyday experiences...

Two different Books relating to two modern strong issues identified materially and visually. There are a number of important reasons why any analysis of contemporary culture must come to grips with the centrality to our everyday experiences.

'SOCIOLOGIE DE LA MODE' (Sociology of Fashion) by Frédéric Godart and published by La Découverte Editions. The author takes us into the unknown world of Fashion with the economic, social and cultural sides, Fashion being a major social fact in today's society.

As a cultural process, Fashion is responsible for locating individuals within a constantly changing forest of objects, people, events, styles and practices to which they relate, about which they form opinions and which symbolically help to locate them within various social strata and communities... Fashion is elemental to our economies because it plays a significant part in energizing innovations, mobilizing design and aesthetic industries, and providing an ongoing impetus for creative economic production...

Any object can thus represent fashion whether it be clothes, ideas or habits but in essence it refers to any field of social action where the dynamic, sometimes antagonistic process of individual formation and collective integration is evident....

'CESSEZ DE VOUS DEPRECIER !' (Stop depreciating Yourself !) by Kevin CHASSANGRE and Stacey CALLAHAN (published by Dunod Editions). Those two authors go through the issue of How to learn to accept oneself taking into account own strengths and weaknesses. This guide claims to help identify this syndrome in our everyday life and to provide exercises and practical advices to overcome it, either in professional or personal relationship.

Some kind of a way To Purge Yourself Of Self-Deprecation And Lead A Happier Life...Self-deprecation is like a cancer that starts with one thought and soon infects every thought thereafter. It is defined as belittling and tending to undervalue oneself and one's abilities. Everyone has bouts of self-deprecation, but you don't have to succumb to your depreciating assessment of yourself. Life is a journey filled with twists, turns, delays and roadblocks, but that's what makes it life.

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### **Article online:**

<https://www.uspa24.com/bericht-10402/two-french-books-relating-sociology-of-fashion-und-stop-depreciating-yourself.html>

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Official Federal Reg. No. 7442619