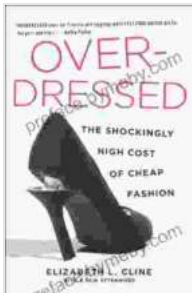


Overdressed: The Shockingly High Cost of Cheap Fashion

In her book *Overdressed: The Shockingly High Cost of Cheap Fashion*, Elizabeth L. Cline pulls back the curtain on the true cost of our cheap clothes.



Overdressed: The Shockingly High Cost of Cheap

Fashion by Elizabeth L. Cline

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1665 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 267 pages
Screen Reader	: Supported
Paperback	: 126 pages
Item Weight	: 8.6 ounces
Dimensions	: 6 x 0.29 x 9 inches



We all know that fast fashion is bad for the environment. The industry is a major polluter of water and air, and it generates mountains of waste. But what many people don't realize is that the social costs of fast fashion are just as high.

Cline's book tells the stories of the people who work in the fast fashion industry, from the farmers who grow the cotton to the factory workers who

sew the clothes. These workers are often paid poverty wages and work in dangerous conditions. They are often denied basic rights, such as the right to unionize or to take time off work for family emergencies.

The fast fashion industry is also a major contributor to inequality. The vast majority of the profits from the industry go to a small number of wealthy individuals, while the workers who make the clothes struggle to make ends meet.

Cline's book is a wake-up call for anyone who cares about the environment or social justice. It shows us that the true cost of cheap fashion is far too high.

The Environmental Costs of Fast Fashion

The fast fashion industry is a major polluter of water and air. The chemicals used to grow cotton and dye fabrics are often toxic, and they can contaminate waterways and soil. The factories that produce fast fashion clothes also release harmful emissions into the atmosphere.

In addition to pollution, the fast fashion industry also generates mountains of waste. Every year, millions of tons of clothing are discarded, and much of it ends up in landfills or incinerators. This waste is a major contributor to climate change.

The Social Costs of Fast Fashion

The social costs of fast fashion are just as high as the environmental costs. The workers who make our clothes are often paid poverty wages and work in dangerous conditions. They are often denied basic rights, such as the right to unionize or to take time off work for family emergencies.

The fast fashion industry is also a major contributor to inequality. The vast majority of the profits from the industry go to a small number of wealthy individuals, while the workers who make the clothes struggle to make ends meet.

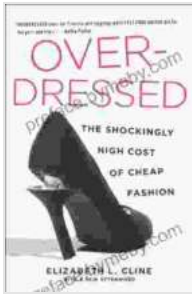
What Can We Do?

There are a number of things we can do to reduce the environmental and social costs of fast fashion.

- Buy less clothing. Only buy clothes that you really need and that you will wear for a long time.
- Buy high-quality clothing. Well-made clothes will last longer and look better than cheap clothes.
- Shop at thrift stores. Thrift stores are a great way to find unique, affordable clothing that is also sustainable.
- Support sustainable brands. There are a number of brands that are working to reduce the environmental and social costs of their clothing. Look for brands that use sustainable materials, pay fair wages, and have ethical labor practices.

By making these changes, we can help to create a more sustainable and just fashion industry.

Overdressed is a powerful and important book that sheds light on the true cost of fast fashion. Cline's book is a must-read for anyone who cares about the environment or social justice.



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