

TEXTE

Could I go a year without buying any new clothes?



5 'With secondhand shopping you learn to appreciate the trawl as much as the haul': Lauren Bravo. Photograph: Phil Phisk/The Observer

It's been the great love of her life, but for Lauren Bravo the time has come to break up with fast fashion

10 I can't remember a new year when I haven't made a resolution. Get more sleep, drink more water, drink less booze, eat more fruit, learn Spanish. But there was only one pledge I've ever managed to stick to for longer than a few weeks, and possibly the only one that made me feel better about myself instead of worse – I broke up with fast fashion.

No new clothes (or at least no "new-new" clothes) for a year. No more payday hauls or bad day pick-me-ups. No more casual flirtation with one of the most exploitative and wasteful industries on the planet. Goodbye, my problematic friend.

15 Before you say it, I know. Swearing off shopping shouldn't be a hardship. For plenty of people it's a default state, through lack of funds, lack of choice or just lack of interest. As a sometime-fashion journalist working in the fickle world of women's media, with trends that rise and fall on the back of a hot-or-not barometer, I know clothes take up a larger space in my life and brain than they do for the average person. But I also know so many people who feel shackled by
20 fashion without the professional pressure; so many other women who shop as if it's a side hustle they're obliged to keep afloat. And if not buying, then browsing, scrolling, trying on, returning, thinking, thinking, always thinking about shopping.(...)

25 I know I gave them too much time. And money. Once I stopped shopping, spare cash appeared in my account and periods of free time began to appear in my week. It's incredible, the things you can get done when you're not forever standing in a Post Office queue with an armful of Asos returns.

BTS Négociation et Digitalisation de la Relation Client		Session 2020
Nom de l'épreuve : Anglais	Code : NDRC/ANG/ORAL/OBL	Page 1 / 1