BOOKS FROM FRANCE

Mirror, Mirror

Tell Me What I'm Really Worth

Author: Louise Aubéry

Publisher : Leduc

Category : Practical Books

Genres : Well-Being/Self-Help - Lifestyle - Couples/Family

Keywords : Personal Development - Instagram - Freedom - Inspirational - Feminism

A powerful feminist guide to inspire young women to take back control of their bodies, lives, and ambitions!

This bestselling book sets out to deconstruct beliefs that harm and hinder us so we can blossom and be fulfilled. Its accessible, enlightening analysis helps us become aware of the shackles on our lives and how to free ourselves from them. An eye-opening work that gives readers keys for taking back control of their own lives.

Sales in France: 32,000 copies

Date : 11/10/2022

Pages : 322

Format cm : 16 x 23

Prix : 19.9

EAN : 9791028525958