



Proud to Be Me

Self-Acceptance Outside Social Norms

Author: Gaëlle Prudencio

Publisher : Leduc

Category : Practical Books

Genres : Well-Being/Self-Help - Fashion/Arts and Crafts

Keywords : Primitive - Mystery

Learning to accept yourself when your body doesn't conform to social "norms."

Gaëlle Prudencio is the new guru of body positivity. With this book, she shows us how you can be overweight, even obese, and own it with form-fitting clothes! In her uninhibited way, the author tells us the inspiring story of how she came to accept her own body despite how other people look at her. She also provides tips and tricks to help women love their bodies and be comfortable in their own skin.

Date : 26/01/2021

Pages : 174

Format cm : 15 x 21

Prix : 18.0

EAN : 9791028519513