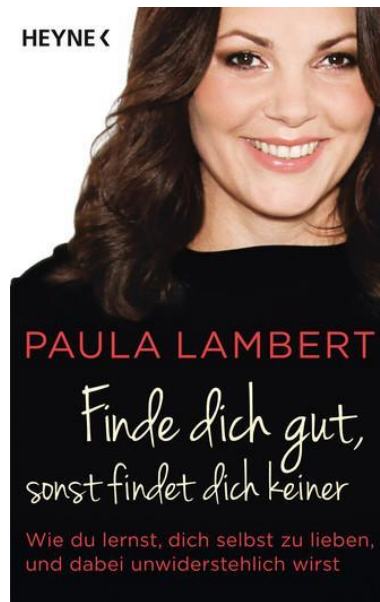


## Being natural is sexy!



Paula Lambert  
**Like Yourself, or Else No One Will**

[Finde dich gut, sonst findet dich keiner]

How to learn to love yourself and become irresistible as a result

Heyne Taschenbuch  
224 pages  
Format 11,8 x 18,7 cm  
September 2016

**Paula Lambert**, born in 1974, learned her profession at the Axel Springer Academy in Berlin. She was an editor at *Die Welt* and has worked as a freelance author. In 1999 she was awarded the Axel Springer Prize. She is one of Germany's most renowned relationship counsellors. For 12 years she had a column in *GQ* magazine, and has reached a wide audience through her TV programs. In 2014 she started a campaign against the female optimisation mania, #Paulaliebtdich.  
[www.paulalambert.de](http://www.paulalambert.de)

Who hasn't experienced this: the days you look in the mirror and find something wrong everywhere. Too fat? Too thin? Too short? Too tall? Forget all that! The well-known sex expert and couples counsellor Paula Lambert has had enough of this perfection craze. Loving yourself instead of doubting yourself is her message. For whoever is in tune with oneself will be attractive to others and will almost effortlessly find the right life-partner.

- Why women are too critical about themselves, and why men do not want Barbies