

No body is perfect – The art of loving yourself



Paula Lambert **Take a Moment for Yourself, Happiness Will Be There Soon**

[Geh schon mal in dich, das Glück kommt dann nach]

Discover your inner beauty and thus radiate – Ridding yourself permanently of self-doubt

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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

Nobody is perfect, and yet we all want to be. We compulsively search for blotches and blemishes until we finally start disliking ourselves – even though we have no reason to. Enough of such thinking!

The sex specialist and relationship counsellor Paula Lambert knows what it is like to despise your own body, to use food as a way of avoiding feelings instead of facing them, and to have so much self-doubt that you end up disdaining yourself. But she has developed an effective way to fight those inner demons. If you look inside and learn to accept yourself, you will be happy in the long run – and this is not too difficult to do! The author has gone through all of those pits of doubt and despair herself – and in the end truly found herself.

- Being natural is sexy – putting an end to the optimisation addiction
- Bestselling author, prize-winning journalist, and podcaster with a million subscribers