



The Art of Being a Woman: A Simple Guide to Everyday Love and Laughter

Veronique Vienne

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It takes a great woman to spot greatness in other women. Have a good laugh at your own expense.

Discover how completely happy you are in your own skin.

Such experiences, says Véronique Vienne, are expressions of the art of being a woman.

In this gem of a book, Vienne gently guides women of all ages and cultures through the practical– and a few rather more whimsical– lessons in the art of womanhood and in the joy of loving life as only a woman can.

Along the way, she imparts unique gifts of wisdom such as:

- An alert mind is the most eye-catching feature of a face.
- Smart compliments can improve the way you look as much as beauty products.
- Paying more to eat less is counterintuitive, yet it is the best diet around.
- Fashion is a nonsurgical nip-and-tuck technique.
- Female camaraderie keeps you healthy.
- Men should be given the benefit of the doubt (because they truly need it).

With its spirited prose and witty illustrations, *The Art of Being a Woman* informs and celebrates the many ways we all can release our insecurities, count our blessings, and experience what the French call “joie de vivre,” a lively tryst between heart and mind.



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