



Jana Crämer, Josephine Pauluth

Unvergleichlich Du!

Band 1 - Wie du deine beste
Freundin wirst

*Incomparably You! - How to Become
Your Own Best Friend*

Be yourself – beyond comparison!

This book will do you good. There's space here for everything: your strengths, your weaknesses, your deepest desires, your fears, your memories, your courage and your strength. It's a journal, a companion along the path that leads to you, and most of all: a friend made of paper. What would life be without friends? And what if you could love yourself as much as you love your best friend?

For a long time, I didn't know who or how I wanted to be. I was always trying to please everyone so much that I didn't notice that I stopped liking myself. In this book, I will tell you how I got the song inside me to ring out again. Come on, let's write your story together – I'm really looking forward to it!

Yours,
Jana

Confidence-inspiring activity book by the well-known German blogger Jana Crämer

Inspirational message: body positivity instead of the compulsion for Instagram optimisation

Fun challenges and lots of space for making notes and finding yourself

Age recommendation: 12 +

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AUTHOR



Jana Crämer

Jana Crämer is a blogger (»Endlich ich« (Myself at last) and influencer who travels all over Germany with musician Batomae performing concert readings. A few years ago, she weighed 180 kilos. In the autobiographical novel »Das Mädchen aus der 1. Reihe« (The Girl in the First Row) she published on her blog and also in her podcast »Schweigen ändert nichts« (Keeping quiet changes nothing), she is relentlessly open about her eating disorder. In 2018, she won the Signs Award for her dedicated efforts.

ILLUSTRATOR



Josephine Pauluth

Josephine Pauluth has been working as a graphic artist for an advertising agency since obtaining a degree in design and training as a media designer for digital and print media. She successfully completed her studies at the Academy for Illustration and Design in Berlin in September 2017 and has been working as a freelance illustrator for various children's and youth book projects. She best likes to combine analogue and digital techniques to lend her illustrations a face.

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