



Jana Crämer, Josephine Pauluth

Unvergleichlich Du!

Band 2 - Wie du deine beste
Freundin bleibst

*Inimitably You! How To Stay Your
Own Best Friend*

Inspiring new activity book by the renowned body positivity
messenger – packed with suggestions and encouragement

Jana Crämer hasn't always had it easy, but she has always made the best of it. Being happy isn't the same as being perfect: this much has Jana learned. This is also her message, and forms the basis of her second activity book. Includes anecdotes and quotations from her own life, full of ideas and encouraging exercises and with loads of space to write in. This book is like your best friend, a new and inspiring activity book by the renowned body positive blogger.

Be who you are! Blogger Jana motivates her readers to accept themselves as they are

Age recommendation: 12 +

ISBN: 978-3-8415-0655-9

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Pages: 240

Illustrations: 40

Features: 40 illustrations, 20
colored

Publisher: Oetinger Taschenbuch

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.

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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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