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Ulrike Tourneur

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Mit ihrem aufrüttelnden und humorvollen Buch befreit Ulrike Tourneur Frauen von ihren Diätfesseln. Sie zeigt Wege auf, sich selbst lieben und akzeptieren zu lernen und so zu einer lebendigen und genussvollen Weiblichkeit in Fülle zu finden.

Viele Jahre lang hat sich Ulrike Tourneur mit Diäten gequält und ein Leben in Verzicht geführt, um einer gesellschaftlich vorgegebenen Norm zu entsprechen. Erst ein Seminar bei Eva-Maria Zurhorst zum Thema Weiblichkeit öffnete ihr die Augen. Es geht nicht darum schlank zu sein, sondern sich selbst zu lieben und zu akzeptieren, wie man ist.

Ihre Botschaft: Jede Frau ist richtig, so wie sie ist! Anstatt Glück und Zufriedenheit in einer schlanken, weit entfernten Zukunft zu suchen, gibt es andere Möglichkeiten ein sattes Lebensgefühl zu entwickeln und ab sofort jeden Augenblick zu genießen. Frauen müssen sich von Schuldgefühlen, Selbstentwertung und Diätfrust befreien und die unterdrückten Teile ihrer Weiblichkeit wieder freilegen.

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