

NATHALIE PEIGNEY

SOPHIE *the* PARISIAN

STYLE TIPS
FROM A
TRUE PARISIAN
WOMAN



Nathalie Peigney

Sophie the Parisian: Style Tips From a True Parisian Woman



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Focused on all women who acknowledge Frenchwomen as genuine style models, this book can be an appealing, pocket-size guide to French design and glamour, with 100 useful and concrete tips and delightful photos and sketches. and who has sophisticated and original but basic taste.s de la Fressange, Sophie the Parisian gives a fresher, wider, and more varied guide to French style.The Parisian woman is known as a lady role model by definition: classical in taste, but independent and dynamic; attentive to what she wears and taking care of her body, but without excessive vanity; elegant and sophisticated at times, feminine and seductive, however, not vulgar;Seven years following the success of the style guide Parisian Chic by Inè Food lover and partygoer, she targets the quality of food rather than on her form.Sophie the Parisian doesn't take herself as well seriously and runs on the well-balanced mix of charm, great taste, and irony--three typical traits of the modern Frenchwoman--to cover topics ranging from style to the well-becoming of your body, from looks to health, from cooking food to decoration: precisely what makes the French joie de vivre a role-model lifestyle worldwide. Fond of natural beauty, and without cosmetic surgery, she doesn't try to hide the signals of aging, which she wears with pride.



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