

GABAL

Madame Missou

FROM GIRLFRIEND
TO GIRLFRIEND

The gift of good advice





About Madame Missou

Madame Missou is perfectly at home in the heart of Berlin. A part-time-working mother, she's got everything firmly under control – the household, her two children, and her husband too. And over a café au lait with her best friend at lunchtime, she can muse about her homeland.

Madame Missou practically knows everyone in the neighborhood – and she always has exciting stories to tell! At her small corner café, Madame Missou, the proprietress is a constant presence... and no customer leaves empty-handed. A petit-four, a pleasant chat, some good advice, and always a friendly ear – which is something that her girlfriends certainly appreciate as well! Madame Missou's appointment calendar is chronically jam-packed. Whether at her café or a restaurant, shopping or doing yoga, Madame Missou is rarely alone. And, of course, her children need their mother's attention too – so it's no wonder she's sometimes just a bit overwhelmed! Most of the time, though, her hearty laugh can be heard charming one and all!

Madame Missou understands me! She gives me advice for my everyday life, on matters like chaos management and multitasking – yet she also spurs me to think about the overriding issues that concern me: How can I become more self-confident? What path will lead me to find more inner balance? What can I learn from my dreams?

And the best thing is that Madame Missou meets me at eye level. Her life experience means that she's not easily rattled, and I benefit from her pragmatic view of things. She serves as both a friend and a motherly guide; she not only provides conversation fodder amongst our circle of friends, but would also count as a gift for my mother, aunt, and best friend. Basically, we'd all love to be a bit like her – both feet planted firmly on the ground, actively shaping her own future, enthusiastic, honest with herself and with others... and always ready for a laugh!

Life is far too short to sit around moping!

Was unserem Glück im Weg steht und wie wir es wiederfinden

Manchmal scheint das Glück einfach nicht auf unserer Seite zu sein. Zuweilen stehen wir uns aber auch selbst im Weg. Statt uns im Elend zu suhlen, sollten wir überlegen, welche Ursachen unsere Unzufriedenheit haben könnte: Stellen wir zu hohe Erwartungen an uns selbst und an die anderen, fehlt uns die Orientierung im Leben oder sind wir im Hamsterrad gefangen und können uns nicht fallen lassen?

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mein TIPP:

Finden wir heraus, was uns das Leben schwer macht! „Kenne deinen Feind“, das hast du sicher schon einmal gehört. Nur wenn wir wissen, was uns unglücklich macht, können wir etwas daran ändern!



Alors!

Lass uns das Glück nicht im Äußeren suchen. Gute Laune ist oft Einstellungssache.

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Du grübelst häufig?



Diese Angewohnheit kann überaus nervenzerreibend sein. Du liegst abends im Bett und möchtest nur noch schlafen – doch dann geht es los: Dein Gehirn kommt so richtig auf Hochtouren. Du stellst dir selbst Fragen, malst dir die Zukunft aus und grübelst über den Alltag. „Wie soll ich beruflich in den nächsten Jahren vorankommen? Wie wird meine Beziehung in zehn Jahren aussehen? Warum war mein Chef heute so distanziert?“ Das ständige Nachdenken und Suchen nach Antworten raubt uns nicht nur Schlaf, sondern auch die Energie und den Mut, entschlossen zu handeln.

Ein glückliches Leben ist erst dann möglich, wenn wir unsere menschliche Einfachheit und Naivität zulassen, wusste schon Erasmus von Rotterdam. Der Weg zum Unglück dagegen besteht darin, über alles nachzudenken, alles permanent infrage zu stellen und ständig trüben Gedanken nachzuhängen.

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A coffee stain on a fresh blouse, a car that won't start, a stubbed toe – un jour catastrophique!

But life is far too short to sit around moping! I will show you 15 small tricks to bring back your radiant smile! And you will be soon spending more of your everyday life in good moods!

MADAME MISSOU
IS IN A GOOD MOOD

104 pages



ISBN 978-3-86936-784-2



9 783869 367842



MADAME MISSOU
TIDIES UP

120 pages

SAY GOODBYE TO CHAOS!



Is chaos beautiful? Or is a cluttered house the sign of a cluttered mind? In any case, what is certain is that new thoughts need space to unfurl – and that a beautiful home is the best haven in the world. With a few little tricks, you can once again become the mistress over your own realm – and I'll show you just how to accomplish this!

Auch erhältlich
als E-Book



ISBN 978-3-86936-785-9



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**MADAME MISSOU
IS SELF-CONFIDENT**

100 pages

RADIATE FROM WITHIN!



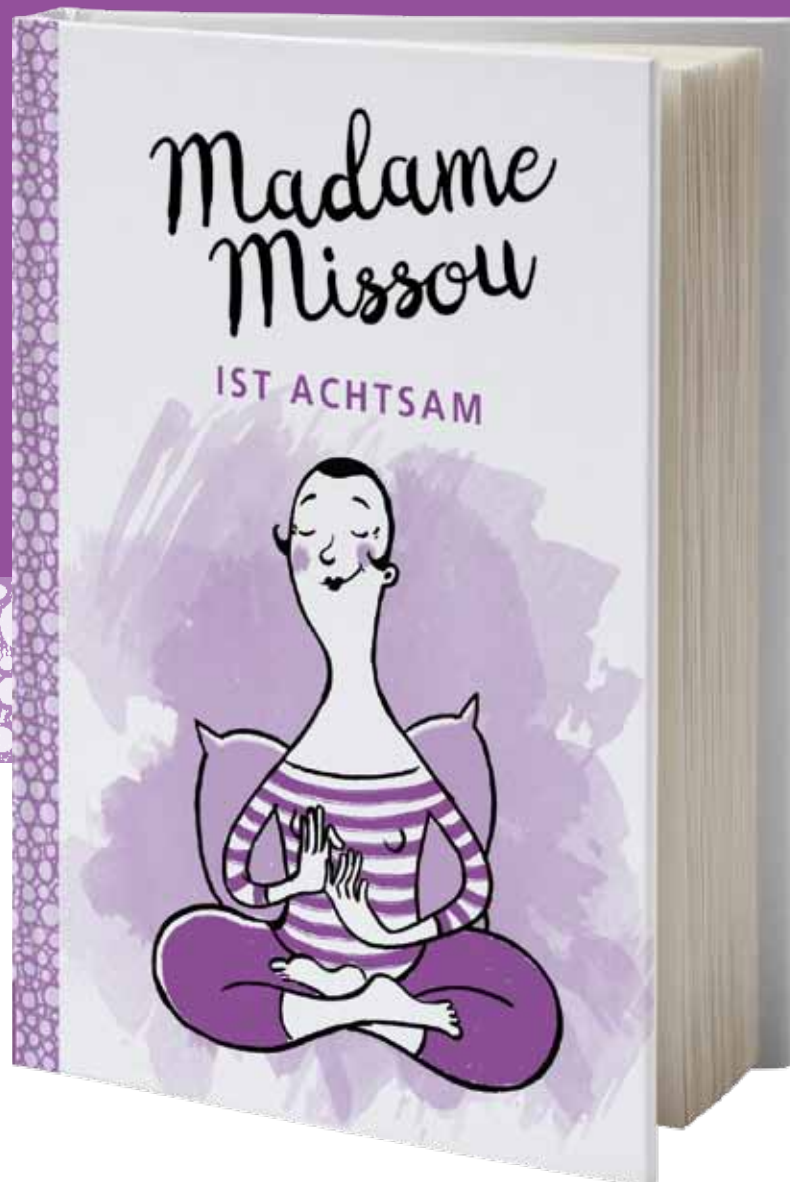
There are some people who are simply radiant – they seem totally contented and cast a spell over everyone. Are they lucky? No – they’re probably just self-confident. And self-confidence is something that a woman can learn. In this book, I’ll fill you in on my best tips and tricks for leading a self-determined life.



ISBN 978-3-86936-786-6



9 783869 367866



MADAME MISSOU
IS MINDFUL

100 pages

IT'S PERFECTLY OKAY TO LOOK OUT FOR YOURSELF EVERY ONCE IN A WHILE



Raising children, running a household, working, hobbies, and more – everyday life can quickly degenerate into stress for a woman! She ends up rushing from point A to point B without paying attention to her conversations, without really savoring her dinners, and without the proper focus on the things she has to get done – and then simply flops into bed at the end of the day, completely exhausted. I know this all too well, and I also know just the remedy – living mindfully is the order of the day!



ISBN 978-3-86936-787-3



9 783869 367873



LIVE HEALTHY, LIVE LONGER.



Superfoods, low carbs, and gluten-, lactose-, and meat-free diets – oh, who can be bothered to keep up with it all? What is missing in your life – is it high-intensity exercise, feng shui, or just simply sleep? I'm on a mission: To live a happier and healthier life, starting immediately. And I invite you to join along – and benefit from my experience.

MADAME MISSOU LIVES A HEALTHY LIFE

120 pages



ISBN 978-3-86936-788-0



9 783869 367880



MADAME MISSOU
HAS A QUICK WIT

100 pages

HOW TO BE CONFIDENT IN ANY SITUATION!



Perhaps your downright silly question was revealed as such, and you wish the ground would just open and swallow you whole? Or maybe someone spoke to you in an impertinent manner, and you were simply left speechless in anger? Enough with that! I'm quite familiar with situations like these – and I also know just how you can really leave your mark. In this book, I'll reveal to you all of my best tricks for having a quicker wit.



ISBN 978-3-86936-789-7



9 783869 367897

Au revoir!



Et voilà ...



Lesezeichen
Oh, là là!
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Postkarten, kostenfrei



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pukka



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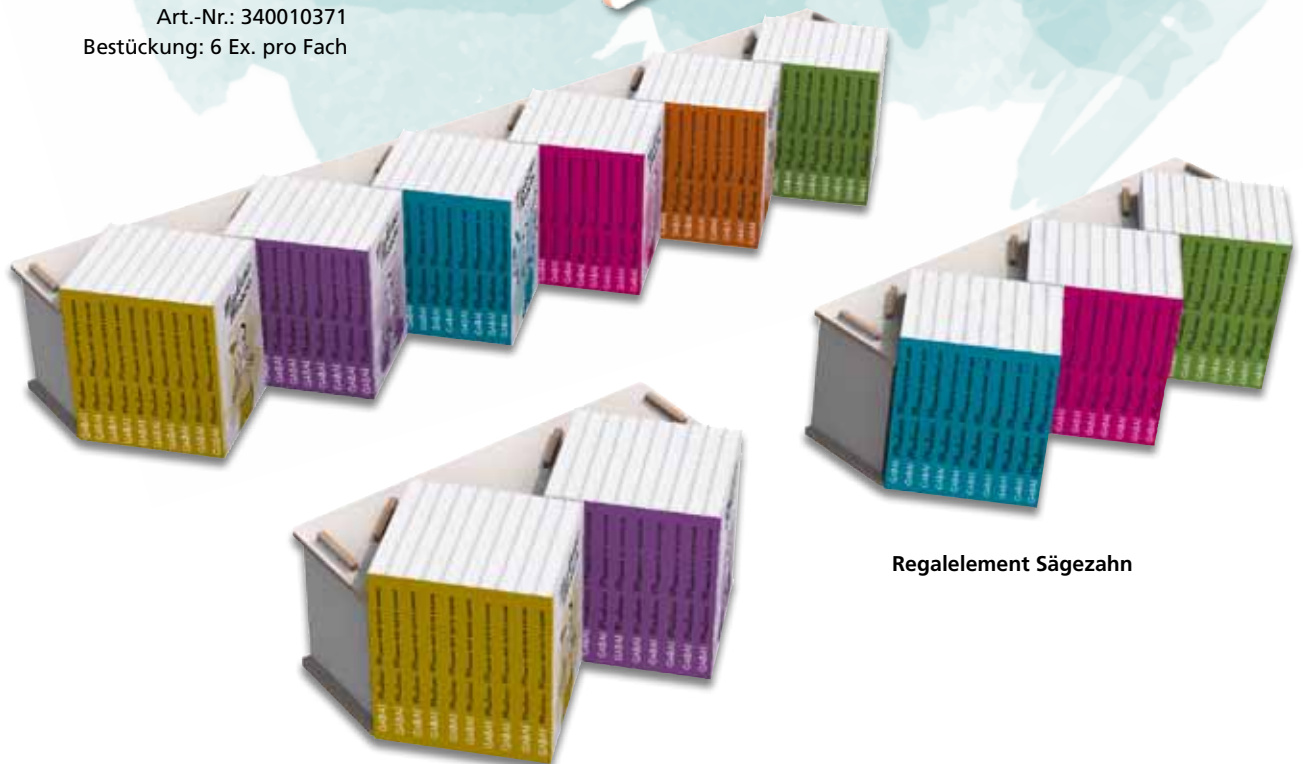


c'est ça!



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Regalelement Sägezahn

FROM GIRLFRIEND TO GIRLFRIEND

The gift of good advice



Whether it's mindfulness, good moods, decluttering, or self-confidence – Madame Missou has great advice for women. She has personally tested out so much already... and she shares her best tips and tricks with her readers. These compact advice books focus on topics from our everyday lives and the challenges that women face on a daily basis – and Madame Missou presents practical solutions. The delicate illustrations and fill-in lists enhance reading enjoyment, turning each book into a personal workbook.

The perfect gift for your best friend!

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