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About the Author

Désireuse de partager sa propre expérience, Dominique Loreau s'est fait une spécialité d'adapter pour les lecteurs occidentaux des ouvrages de développement personnel s'inspirant des philosophies orientales et du mode de vie japonais. Aux Éditions Robert Laffont, elle a publié L'Art de la simplicité (2005), L'Art des Listes (2007) et L'Art de la frugalité et de la volupté (2009).

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L'élégance, la beauté, le bien-être et au final le mieux vivre: voilà ce que propose "L'Art de la simplicité". Inspiré des philosophies orientales, très dans l'air du temps, ce livre a tout pour devenir LE manuel d'art de vivre des femmes des années 2000. Installée au Japon depuis de longues années, Dominique Loreau est imprégnée par le mode de vie de son pays d'adoption. Un mode de vie qui repose sur le principe du "moins pour plus" appliqué à tous les domaines, qu'ils soient matériels (la maison, la mode, la beauté...) ou spirituels (le rapport entre le corps et l'esprit, le bien-être mental). De l'art de vous sentir bien chez vous à celui de vous sentir bien en vous, elle transpose ces préceptes à l'usage des femmes occidentales et leur donne tous les conseils (très concrets) pour faire de la simplicité leur seconde nature. Toutes les astuces pour ne plus céder aux achats compulsifs que vous n'utiliserez ou ne porterez jamais... et n'en être que plus élégante. Tous les trucs pour ne plus se ruiner en produits de soins inefficaces... et ne se sentir que plus belle, mieux dans sa peau. Toutes les approches qui permettent de se sentir bien dans son corps et dans sa tête: mieux avec soi-même, donc mieux avec les autres. Entre essai et guide pratique, réflexion et solutions concrètes, ce livre se révèle un antidote efficace aux tromperies de la société de consommation.

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