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*Ts & Cs apply

REDISCOVER YOUR VITALITY!

More Sleep / Better Mood / Increased Energy

Inspiring biographies

We share the life stories of women who left a lasting impression

1. Estée: A Success Story

By Estée Lauder, Random House, out of print

'This book is as powerful today as when I first read it 20 years ago. Estée was so positive – for her, there was a solution for everything. She had passion and focus, and lived in the moment. She was the trigger for me getting into the industry – the Estée Lauder company was my first client, and is still with me today.'

Sharon Lowe, business coaching consultant and confidence expert

2. Empress of Fashion: A Life Of Diana Vreeland

By Amanda Mackenzie Stuart, Harper Perennial, £10.14

'Vreeland was editor-in-chief of American Vogue in the 60s. She discovered Lauren Bacall, advised Jackie Kennedy on all matters sartorial, and took a maverick attitude to life and fashion. Fascinating and fabulous.'

Jane Druker, TS Editor

3. The Blue Hour: A Portrait of Jean Rhys

By Lilian Pizzichini, Bloomsbury, £8.99

'When Rhys' classic novel *Wide Sargasso Sea* was published, she was in her 70s and living in alcoholic obscurity after her early work had failed to make an impact. This flawed woman was a survivor in a tough era for single women without means. This vivid biography shows how her struggles inspired her literature.'

Charlotte Haigh MacNeil, TS Acting Contributing Editor



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4. Infidel: My Life

By Ayaan Hirsi Ali, Simon & Schuster, £7.99

'An extraordinary autobiography by a woman born to desert nomads, circumcised as a child and educated by radical imams in Kenya and Saudi Arabia. Hirsi Ali managed to escape and transformed herself into a spokeswoman for Muslim women's rights. She describes her incredible journey from a teenager, voluntarily wearing a hijab, to the horror of life after September 11 2001.'

Anne Applebaum, journalist and Pulitzer Prize-winning author

5. On Becoming Fearless

By Arianna Huffington, Little, Brown & Company, £10.99

'I read this part-autobiography part-self help guide as I was launching my own business, and making every mistake possible. I felt Huffington was speaking to me when she said: "Everyone successful has failed, and failure is an essential part of a successful life." I realised it was part of my learning process.'

Anna Magee, TS contributor

6. I Know Why The Caged Bird Sings

By Maya Angelou, Virago, £8.99

'Maya Angelou, who died in May, had a huge impact on me when I first read her work in my teens. She wrote with honesty and wit about growing up as a poor, black girl in America's southern states. Refusing to be limited by abuse, abandonment, racism and sexism, she demonstrated what we can achieve when we find the strength to walk our own path.'

Shoshana Goldberg, TS Deputy Editor ♦