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- le phénomène anglais débarque en France
- le témoignage de Catherine Gray montre les bienfaits insoupçonnés de la sobriété
- un accueil presse dithyrambique

La sobriété, nouveau phénomène de société ? C'est en tout cas ce que tend à prouver le succès du livre de Catherine Gray - journaliste anglaise - qui décrit sa joie d'avoir pris la décision - il y a 4 ans - d'arrêter de boire. Un meilleur sommeil, une peau plus lisse, une silhouette affinée, des relations humaines plus stables, une énergie retrouvée et de substantielles économies ! Bref : Le bonheur...

Le témoignage de Catherine Gray a séduit les lectrices. Son livre est un vrai succès outre-Manche ! Elle ne compte plus les témoignages de lectrices qui ont suivi son exemple et s'en

félicitent jour après jour. Les plus grands magazines ont consacré un sujet à ce nouveau mouvement social qu'est la sobriété.

Un ouvrage personnel et original sur un phénomène de société.

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