

sophie mas

audrey diwan



HOW TO BE  
PARISIAN



WHEREVER YOU ARE

caroline de maigret

anne berest

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HOW  
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WHEREVER  
YOU ARE

ANNE BEREST

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SOPHIE MAS





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HOW

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Parisian

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# About the Book

At last, a fun and spirited take on what it really means to be a Parisienne in the 21st Century.

Anne Berest, Audrey Diwan, Caroline de Maigret and Sophie Mas – talented iconoclasts and friends for years – give their very original views on style, culture, attitude and men alongside making fun of their complicated, often contradictory, feelings and behaviour. They admit to being snobs, unpredictable but not unreliable, bossy and opinionated yet tender and romantic.

These modern Parisiennes will take you on a first date, to a party and through a hangover. They will tell you how to be mysterious and sensual, make your boyfriend jealous, the right way to approach weddings and the gym, and they will share their address book in Paris for where to go at the end of the night, for a birthday, for a smart date, for vintage finds and much more.

Chic and desirable, *How To Be Parisian Wherever You Are* will make you laugh as you tap into your inner cool.





*Andrey, Caroline, Sophie and Anne*

# A Note About the Authors

ANNE BEREST is the author of two novels and a biography of Françoise Sagan published this year; she also writes for television, film and theatre.

CAROLINE DE MAIGRET studied literature at the Sorbonne before moving to New York to model. She returned to Paris in 2006 to found her music label. De Maigret has been an ambassador for Chanel since 2012 and supports women worldwide through the NGO CARE.

SOPHIE MAS was born and raised in Paris. After graduating from Sciences Po and HEC, she started her own film company and now works as a producer in Los Angeles, New York and São Paulo.

AUDREY DIWAN became a scriptwriter after studying journalism and political science. She wrote the screenplay for Cédric Jimenez's *La French*, with Jean Dujardin, and is now directing her first feature film; she is also editor-at-large for the magazine *Stylist*.

*A story should have a beginning, a middle  
and an end, but not necessarily in that order.*

—JEAN-LUC GODARD







# INTRODUCTION

The truth is out: Parisiennes aren't privy to a secret "skinny" gene, they aren't always easy to be with and aren't all perfect mothers. In fact, they are very imperfect, vague, unreliable and full of paradoxes. But they can also be funny, attentive, curious and ironic, and they know how to enjoy life.

We are four Parisian women who have been friends for ages. We are very different in many ways but always agree about the important things. We've spent countless long nights laughing with each other and sharing that typically French enthusiasm for transforming life into fiction. As you'll discover, Parisian women spend an inordinate amount of energy trying to spin every episode of their existence into a very good story.

Our aim here is to give you an insight into the quintessentially Parisian art of being a woman. We're methodical and yet shambolic, proud and yet self-deprecating, loyal and yet unfaithful. We'll point out our attitude, nonchalance, our low-key style, what we are like in love and how we choose to spend our days and nights. We hope that the following pages will dispel the mystery.

I

GET THE BASICS













# APHORISMS

**To be read out loud every night before going to bed. Even when inebriated:**

Don't be afraid of ageing. As the saying goes, don't be afraid of anything but fear itself. \* **Find "your" perfume before you turn thirty. Wear it for the next thirty years.** \* No one should ever see your gums when you talk or laugh. \* **If you own only one sweater, make sure it's cashmere.** \* Wear a black bra under your white blouse, like two notes on a sheet of music. \* **One must live with the opposite sex, not against them. Except when making love.** \* Be unfaithful: cheat on your perfume, but only on cold days. \* **Go to the theatre, to museums and to concerts as often as possible: it gives you a healthy glow.** \* Be aware of your qualities and your faults. Cultivate them in private but don't obsess. \* **Make it look easy. Everything you do should seem effortless and graceful.** \* Not too much makeup, too many colours, too many accessories ... \* **Take a deep breath and keep it simple.** \* Your look should always have one thing left undone – the devil is in the details. \* **Be your own knight in shining armour.** \* Cut your own hair or ask your sister to do it for

you. Of course you know celebrity hairdressers, but only as friends. \*

**Always be fuckable: when standing in line at the bakery on a Sunday morning, buying champagne in the middle of the night or even picking the kids up from school. You never know. \*** Either go all grey or no grey hair. Salt and pepper is for the table. \* **Fashion rules the world and Parisians rule fashion. Fine, it may not be true. But the world still needs fairy tales.**

# The Parisienne as Seen by a Parisian Man

Who could I ask for the perfect definition of the Parisienne?

I'd asked myself that question countless times, until I had an epiphany.

Of course: ask him. That guy in the kitchen who happens to share my life.

He was surprised by my question, and muttered a few words to himself.

I watched him, exasperated.

Doesn't he have anything original to say, something beyond the usual clichés about our incredible style and iconic perfume?

"Wait, you're being serious? We're really talking about this?" he asked, before leaning against the sink. And then he started, and didn't stop. As though reciting a prayer learned by heart, one he knew with his eyes closed.

First off, he says, the Parisienne is never satisfied. Here's proof: I'm telling you how gorgeous you are and it's never enough.



