

# **YOUR SECOND LIFE BEGINS WHEN YOU UNDERSTAND YOU ONLY HAVE ONE BY RAPHAELLE GIORDANO**

**(POSSIBLE ALTERNATIVE ENGLISH TITLE: THE GIRL WHO GOT A SECOND LIFE)**

## **SYNOPSIS**

Camille works in sales. One stormy Friday, on her way back from a job in a distant suburb of Paris, she has a car accident. She goes in search of help, and knocks on the door of a smart house. The owners of the house invite her in, offer her a cup of tea, and let her use their phone to call her husband. Shocked by the accident and by her husband's lack of interest when she tells him about the damage to the car, Camille breaks down in tears and confides to her host Claude Dupontel, a French Sean Connery look-alike with a kindly expression, everything that's wrong with her life: even though on paper she has it all, a loving husband, a fantastic son and an interesting job, she has the awful feeling that she has missed out on the life that she always dreamt of. She realises that over the years happiness has slipped through her fingers. The man, who says he's a routinologist, diagnoses severe routinitis, and gives her his business card...

Back home, she reflects on her everyday life: dreary domestic squabbles, a marriage that has lost its flavour like an old piece of chewing gum, always playing the nag with her 9-year-old son, a part-time job that's not the artistic career she always dreamed of. Nine days after meeting Claude, Camille decides to ring him to make an appointment.

In his office, the routinologist explains his method for change, based on learning through experience rather than theory. It is aimed at creating positive trigger mechanisms to help people change their lives. He tells Camille that he needs total commitment from her and she will only have to pay him if she is satisfied... He will give her regular assignments and when she successfully completes each one, she will receive a charm. Each charm is a different colour to mark each level of change (white, yellow, green, blue, purple, and black for the final level).

Camille's coaching lasts for several months during which her routinitis diminishes slowly but surely. Cracks begin to appear in her comfortable little life where everything fits into neat slots. Gradually she lets new untried elements into her life. Her relationships with her son, husband, work colleagues and mother are transformed.

Camille finds the energy to change herself as she tries new experiences with Claude's guidance: a trip in a hot-air balloon in a Parisian park, a head-to-head in a hall of mirrors, a meeting in a smile club, an introductory underwater diving session, a visit to the mysterious Master Wu and a trip to the Louvre. Above all, Camille allows herself to start living her dream: rekindling her artistic aspirations and setting up her own children's fashion company. Camille now has the confidence, enthusiasm and strength that she needs to cope with the rejections from the many banks to which she presents her project. Through sheer perseverance, she finally gets a positive response and her passport to a new life...

After a lavish party for the official opening of her new boutique "The Fashion Fairies", at which Jean-Paul Gaultier himself puts in an appearance, Claude arranges a final meeting on top of the Arc de Triomphe. He confesses that he is not a routinologist at all and there is no such thing as routinology. It's just a kind of mutual support chain. Claude is actually an architect who loves his job, thanks to a man who put him back on track when he no longer believed in anything. Claude has passed the baton of success on to Camille. Now it's her turn to change someone else's life...

## THE AUTHOR

Raphaëlle Giordano studied at the Estienne Arts and Industries School in Paris, and is an artist and painter. She has trained in communication and stress management techniques (TA, NLP, Process Communication, MBTI, etc.) and runs an events agency called Emotone that organises art activities and runs innovative team building, stress management and creativity/innovation courses. She has previously published (in French) *Self-assertion*, *Stress management*, *Relationships for couples* with Dangles éditions.

*Your second life begins when you understand you only have one* is her first novel.

## PRESS REVIEWS

**Femme Actuelle:** "A funny and smart novel."

**Marie-France:** "A delicious feel-good novel."

**bibamagazine.fr:** "Punchy, well thought-out and a delightful read. Irresistible!"

**Madame Figaro:** "Raphaëlle Giordano teaches us how to come up for air and love life. We say yes! We'll have some of that!"

**Métronews:** "A funny, entertaining novel full of tenderness that can help you get your new life off the ground. To be read as soon as possible because we only have one!"

## READER REVIEWS AMAZON.FR

By **emiliereynaldle**

Refreshing and instructive.

I recommend this book without hesitation.

The book provides lots of personal development tools through the story of Camille, the main character, who at the start is putting up with life more than really living it.

It's a novel that gives you the keys to work towards a more serene life, keys that I'm going to put to use quickly and wisely.

By **Violette**

To be read and re-read to absorb all the information.

I bought it for my daughter who is the same age as the heroine in the book. She is so grateful that I gave her this novel which she loves and completely identifies with.

Up to her now to apply the author's advice to escape the toxicity of her everyday routine.

By **Amazon customer**

This book opens up a whole world of "anything is possible" with a writing style that sweeps you along. A rose-tinted read in a sometimes grey world. A book that encourages you to stop and take a look at your life so that you can start again stronger with a more authentic life.

By **lounatheole**

As a fan of all kinds of personal development books, I have to say that this one particularly appealed to me. Why? It's a "novel" and not just a list of things that you need to change in your life to make things better and, most of all, Camille is you or I, someone who on the face of it has every reason to be happy (job, husband, child...) but who feels stifled by life and has the impression that it is passing

her by... There's nothing particularly new about the advice that she's given (positive thinking, self-confidence, positive autosuggestion, etc.), but I don't know why, this time it really struck a chord with me... In short, you identify with the character and you say why not us? The steps in the change process are within our reach.