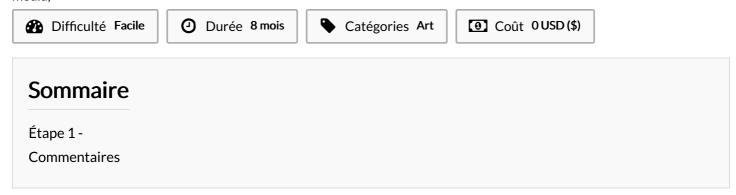
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Overview:

'What I learnt from sharing my most private pain with a semi-professional problem-solver was that the mere act of asking for help was, in itself, healing. It was as if I had crept down to the docks under cover of darkness and floated a message out in a bottle, imagining how it might be received. By writing it, I was acknowledging that someone might care about me; that they'd be able to say the right thing without knowing me. Because I was feeling something that other people had felt and therefore I wasn't, as I suspected, the loneliest and strangest woman in the world.'Since early 2020, Dolly Alderton has been sharing her wisdom, warmth and wit with the countless people who have written in to her Dear Dolly agony aunt column in The Sunday Times Style. Their questions range from the painfully - and sometimes hilariously - relatable to the occasionally bizarre. They include breakups and body issues, families, friendships, dating, divorce, the pleasures and pitfalls of social media.



Matériaux	Outils
Étape 1 -	