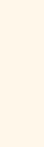
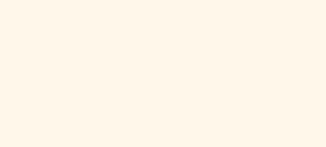


Caroline Labouchere

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About Me

I'm Caroline Labouchere, a British-born model, wellness advocate, and lifestyle creator living life unapologetically and beautifully at every age. I began modelling at age 54, proving that confidence, curiosity, and joy don't come with an expiry date.

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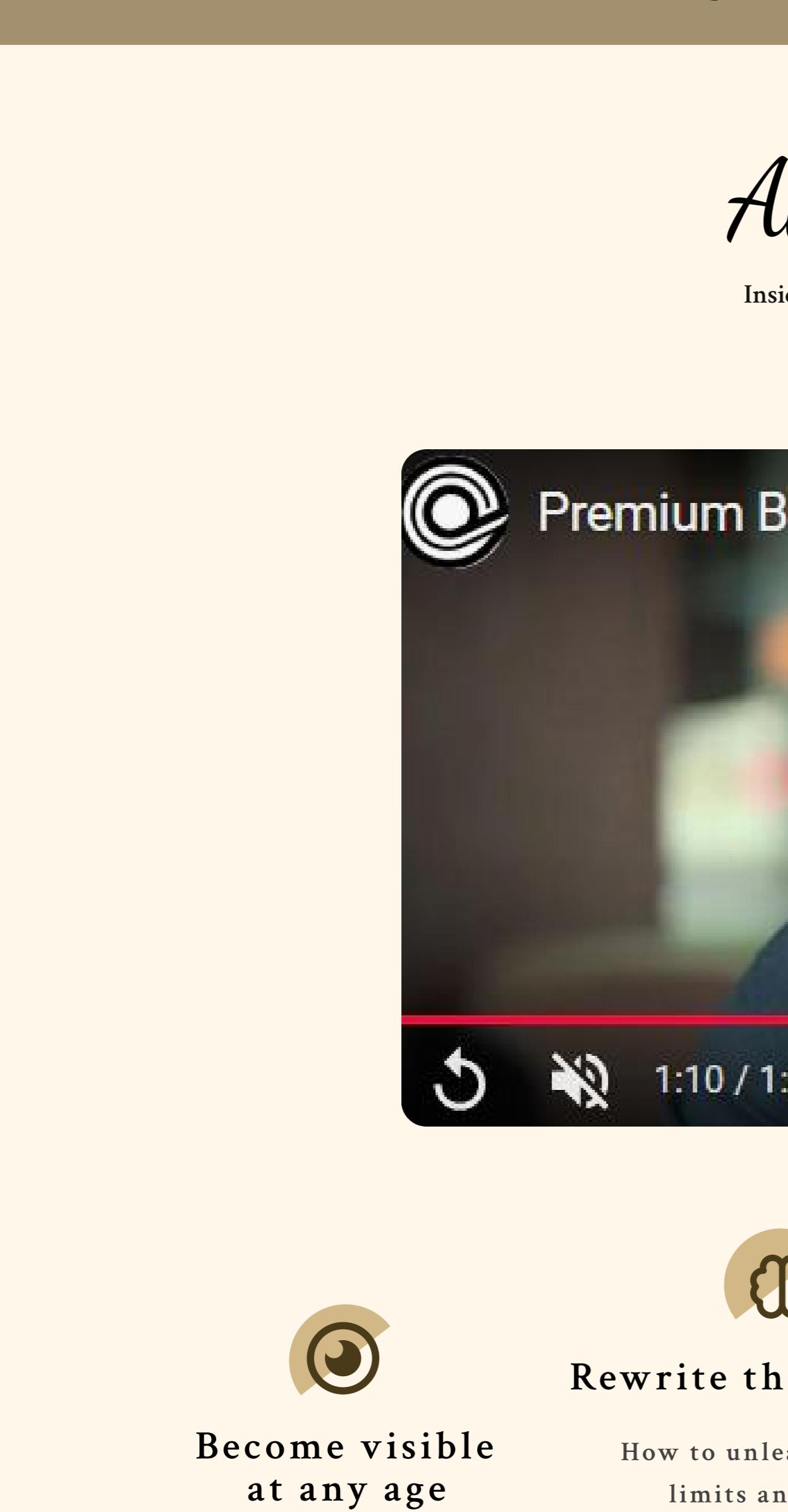
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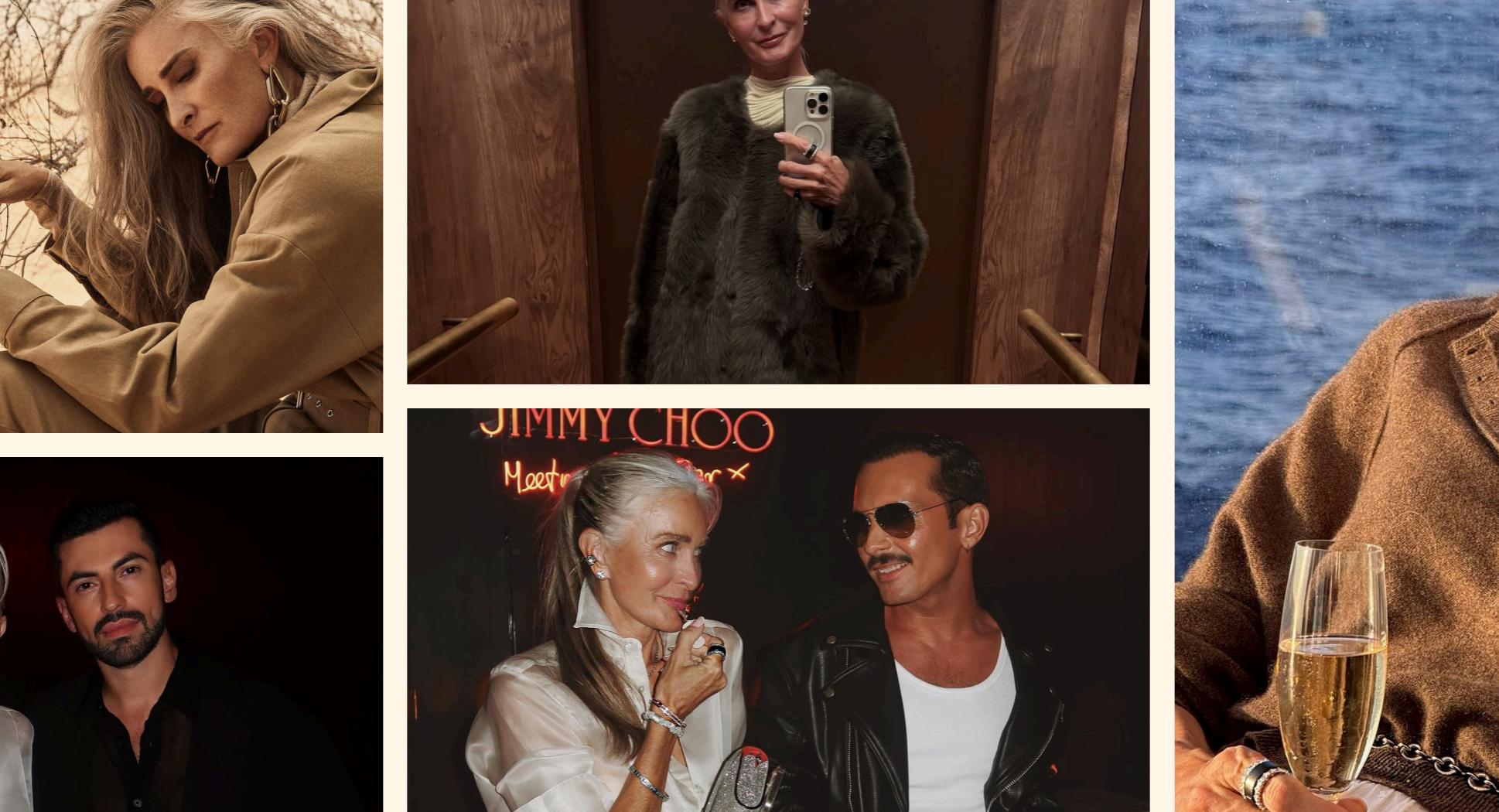
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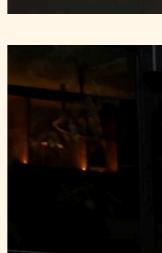
About the book

Inside the Pages: Confidence, Visibility, and Self-Expression



Become visible at any age

How to stop fading into the background and confidently take up space at every stage of life



Rewrite the Narrative

How to unlearn age-based limits and reframe experience as power, not decline.



Step Into the Next Chapter

How to show up boldly, speak confidently, and move forward without apology, at any age.

