
Persia Lawson



Persia Lawson is an author, speaker and “one of the UK’s most successful love coaches” - according to The Saturday Times magazine.

A former actress, Persia is best known for founding positive lifestyle movement Addictive Daughter with her friend Joey. Hailed “irreverent British gurus” by Marie Claire magazine who listed Addictive Daughter as one of the top 3 resources for Generation Y, Persia and Joey published their first book *The Inner Fix* with Hodder and Stoughton in May 2016 and released an app with the same title. Endorsed by Mitch Winehouse, their book has been dubbed “the self-help book for the millennial generation.” Addictive Daughter has also featured in a documentary alongside Russell Brand, as well as in Vogue, Cosmopolitan, Evening Standard, You magazines, The Sunday Times and The Telegraph.

A trained life coach and CBT practitioner, Persia works with clients one-on-one through her online love-coaching programmes. Described by Sadie Frost as “refreshingly honest, raw and relatable”, Persia also does daily Facebook Livestreams offering dating and relationship tips and leads a popular weekly meditation session for ONE LDN studios. She is currently working on her second book, which focuses on how to attract and sustain happy, soulful relationships amidst the chaos of the modern world.