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FOR IMMEDIATE RELEASE

Love Your Body, Love Your Life

***5 Steps to End Negative Body Obsession and Start Living Happily and Confidently
by Sarah Maria***

"Read this book and you will discover that there is only one beauty, and you are that."
—Deepak Chopra

Crash Diets, Pills, Plastic Surgery

We'll do anything to look better—and yet we still feel bad about how we look. Body loathing has reached epidemic proportions. But there is a way to end self-destructive thoughts and behavior and learn to love who you are.

Love Your Body, Love Your Life (Adams Media) will help you break free from destructive beliefs, thoughts, and behaviors. Noted body-image expert Sarah Maria presents her five-step plan that anyone can use to overcome Negative Body Obsession (NBO).

"My mission is to empower people of all ages, races, and body sizes to embrace the body they have been given and learn to love themselves so they can live their dreams."
states author Sarah Maria.

Sarah Maria is the founder of Break Free Beauty, a company dedicated to helping people love and accept their bodies and themselves. She has personally overcome Negative Body Obsession and has developed a joyful and compassionate relationship with food and her body.

In **Love Your Body, Love Your Life**, Sarah presents her proven five-step plan to overcome Negative Body Obsession (NBO). You will learn how to:

- Commit to change
- Identify and detach from negative thoughts
- Discover who you really are
- Befriend your body
- Find your purpose
- Love your body, love your life

Complete with exercises, case studies, and testimonials, you will learn how to stop obsessing over food and your body and achieve permanent peace with both.

“There are countless women and men who suffer unnecessarily because they don’t like their looks. Sarah Maria reveals that there is a way to feel great no matter what and she offers powerful tools to help you feel beautiful regardless of your current shape or size. Read this book and you will begin to love your body.”

—Marci Shimoff, New York Times bestselling author of *Happy for No Reason*
and featured teacher in *The Secret*

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***For more information or to schedule an interview with the author, please contact
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