

# Break Free Beauty

**Love Your Body, Love Your Life**

*Break Free from Negative Body Obsession and Unleash the Power of Your Potential*



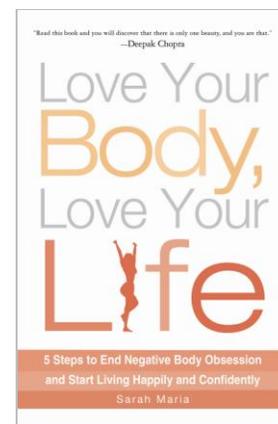
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## **Sarah Maria's "Love Your Body, Love Your Life" Provides a Lifeline for Everyone Afflicted with NBO (Negative Body Obsession)**

Do you grimace at what you see when you look in the mirror? Do you hate parts of your body? Do you obsess about food? Do you hide out because you're afraid to socialize because of the shame from how you think your body looks? Do you continually judge yourself to be "not enough" because you're not thin enough, pretty enough, tall enough, etc?

If you experience any of this on a regular basis, then you are a prime candidate to read Sarah Maria's powerful new book titled "**Love Your Body, Love Your Life**" (Adams Media, November 2009). Sarah Maria, recently seen on *Good Morning America* and featured in *InTouch Magazine*, is a nationally recognized Body Image Expert. And what she teaches is how to overcome "Negative Body Obsession" (NBO).



The quest to eliminate NBO is the core of her acclaimed book. Sarah Maria shows women and men how to break free from their Negative Body Obsession and adore themselves, regardless of what the package looks like.

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

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

Says Sarah Maria, "We wage war on our bodies. We'll do anything to look better--starvation diet, plastic surgery, pills, excessive exercise... Self-loathing has reached epic proportions! But you are now, have always been, and will always be whole, perfect, and complete. As you discover this, you will learn the key to living a life of peace, love, and beauty."

Sarah Maria's passion grew out of her own 15-year struggle with body hatred and the obsession to stay thin, including bouts of anorexia and bulimia. What Sarah Maria learned in her journey to self-love has provided the cornerstone wisdom for her book and her life's work.

In the acclaimed *Love Your Body, Love Your Life*, Sarah Maria presents her proven five-step plan to overcome NBO:

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

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

"This book is a practical and spiritual approach to coming home to who you really are," says Sarah Maria. "I walk my readers through the steps that will relieve them from compulsive food urges and provide the tools to release self-judgment. Just imagine what life is like—what relief you experience—free of all of the negative thoughts and behaviors that keep you imprisoned."

*Love Your Body, Love Your Life* applies the growing body of knowledge about intention, law of attraction, Quantum physics, positive thinking, imagery and manifesting specifically to NBO.

"NBO effects everything you do," says Sarah Maria. "If you believe you are unworthy or unattractive, then it impacts your health, your emotional stability, your social life, your family life, your spiritual life and even more."

Sarah Maria is a product of her own teachings, having freed herself of NBO and gone on to become a leading author, speaker and personal coach on body image. She trained with well-known spiritual teachers and physicians, including Deepak Chopra, Dr. David Simon, co-founder of the Chopra Center for Well-being in Carlsbad, CA, Wayne Dyer, and Jack Canfield, among others. She is a Chopra-Center Certified Meditation instructor and an Ayurvedic Lifestyle Counselor. She holds a law degree from Stanford University and a Master's degree in International Affairs from Columbia University.

"In traditional cultures, the most powerful healers are those who have learned to heal themselves. Sarah Maria's personal journey to loving her body and her life offers a proven path for those seeking a healthy, conscious relationship with their bodies," notes Dr. David Simon.

*Love Your Body, Love Your Life* is [available at Amazon.com](https://www.amazon.com) or at major book chains including Barnes & Noble, and Borders. The retail price is \$14.95.

For more information, go to [www.BreakFreeBeauty.com](http://www.BreakFreeBeauty.com).

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