

Break Free Beauty: Ending the War With Our Bodies!



**Many of us are fighting
"the war against our bodies":**

*We're not thin enough,
so we starve ourselves.*

*We're not toned enough,
so we exercise to exhaustion.*

*We're not healthy enough,
so we dine on wheat grass
and alfalfa sprouts.*

*And we're not beautiful enough,
so we keep ourselves
apart from others and
the love they might offer.*

"I can guarantee you one thing: if you are having a war with your body, you will lose. You will lose, and your body will lose," says **Sarah Maria**. "The only possibility for attaining a healthy body, a healthy soul, and a healthy mind is collaboration between *all* aspects of ourselves."

Bio: Sarah Maria is a body-image expert who helps people love their bodies no matter how they look. She shows people how to discover the beauty that is already inside of them, right now, in this moment. Once they connect with this beauty, they will discover that anything is possible - that they can create a body and a life that they truly love.

Her mission is to create a world where every person sees the beauty in themselves and in others. Her book, *Love Your Body, Love Your Life* will be released in November of 2009. Sarah Maria has trained with well-known teachers and physicians, including Deepak Chopra, Dr. David Simon, Wayne Dyer, and Jack Canfield, among others. Her work has been endorsed by Deepak Chopra, Dr. David Simon, and NY Times best-selling author Marci Shimoff, as well as many other notable physicians, psychologists, and educators. Before writing her first book, she received a law degree from Stanford and a Master's degree in international affairs from Columbia University. Contact her at sarahmaria@sarahmaria.com.

"You are more than the struggle you are currently going through. I know your hell because I have been there. You are noble and courageous for stepping out of our cultural paradigm that says your self worth is equal to your clothing size."

For more information about Sarah Maria or her workshops, please visit her website at www.sarahmaria.com.



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Story Ideas

What are We Doing to Our Daughters? In a culture of stick-thin models, our young teens are embarking on a dangerous path of dieting, bingeing, and purging. Sarah Maria can discuss the signs that your child is in danger and practical psychological exercises that can help.

Self-hatred May be Killing You: Self-hatred and body-loathing is not only difficult emotionally. It also has specific ramifications for your physical health: immune system, digestion, heart health, etc. Sarah Maria can discuss health implications, as well as tips to turn self-hatred into self-love.

No Such Thing as Ugly: Our culture has defined beauty pretty narrowly: thin, young, toned, and perfect. But how has history defined beauty? Other cultures? Sarah Maria can discuss new definitions of beauty and how we might promote them in the US for a healthier society.

Will OCD Destroy Your Family? OCD sufferers aren't the only ones to be affected by the disease. It also takes a huge toll on families and other relationships. Sarah Maria can talk about the difficult dynamics surrounding OCD and will offer tips to cope and preserve relationships.

Find Your Truth and Stick to It: Learn how to hold your own against cultural perceptions of beauty. Discover how to find what is true for you and believe it. Find out how to combat the media onslaught that we are faced with every day.

Helping Your Lover Love Her Body: Women are notorious for being critical of the bodies their men love. Sarah Maria offers tips to guys to help their women feel beautiful and loved.

What if Your Lover Doesn't Love Your Body? What to do if the man in your life is critical of your body? Sarah Maria will talk about navigating this thorny issue, navigating the relationship while maintaining your self-esteem.