



Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently

By Sarah Maria

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Eating disorders. Steroids. Plastic Surgery.

We'll do anything to look better—and yet we still feel bad about how we look. Self-loathing has reached epidemic proportions. But there is a way to end self-destructive thoughts and behavior. In this book, noted body-image expert Sarah Maria presents her proven five-step plan anyone can use to overcome negative body obsession (NBO). She helps you:

- 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 can learn how to stop obsessing over food and your body and achieve permanent peace with both. You'll banish NBO forever, and feel healthy, radiant, beautiful, and desirable—every day!

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Editorial Review

Review

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

"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." -- David Simon, MD, the Chopra Center for Wellbeing

"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

"Love Your Body, Love Your Life is a book written from the heart by a gifted author who has stepped into the transformational fire of learning to love herself and her body. Rich with life-changing information, each word charged with genuine compassion, this book provides the guidance, the hope, and the courage to let go of distorted perceptions that prevent you from loving your body. As a medical intuitive, I have witnessed the miracle of creating the health and the life one desires by merely learning to love oneself. I highly recommend this exceptional book." -- Carol Ritberger, PhD, author of Healing Happens with Your Help . . . Uncovering the Hidden Meanings behind Illness

"It is well known that you attract what you think about. Your outer reality is a direct reflection of how you feel about yourself. When you feel that you are not thin enough, young enough, beautiful enough, or not enough, period, your life reflects this sense of lack and insecurity. On the other hand, when you recognize that you are, at your essence, beautiful, valuable, worthy, and wonderful, your life will begin to reflect this abundance and greatness. Sarah Maria's step-by-step method will show you how to recognize your true beauty so you can create the life of your dreams." -- Christy Whitman, bestselling author, Certified Law of Attraction Coach, and founder of www.7essentiallaws.com

"Read this book and you will discover that there is only one beauty, and you are that." -- ** DEEPAK CHOPRA **

About the Author

Sarah Maria is the founder of Break Free Beauty (www.breakfreebeauty.com), a company dedicated to helping people love and accept their bodies and discover the beauty that they already are. She is a body-image expert, speaker, and coach who speaks and writes on the topics of body image, self-esteem, health, success, and spirituality. Her mission is to empower people of all ages, races, and body sizes to embrace the bodies they have been given and learn to love themselves so they can live their dreams. She has studied and trained with many well-known spiritual and self-help teachers, including Deepak Chopra and physician Dr. David Simon, the co-founder and medical director of the Chopra Center for Well-being in Carlsbad, CA. She lives in Carlsbad, CA.

Users Review

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Elizabeth Brown:

People live in this new morning of lifestyle always aim to and must have the spare time or they will get lot of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely sure. People is human not just a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the book you have read is actually Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently.

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