



# 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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## **Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently** By Sarah Maria Bibliography

- Sales Rank: #801158 in Books
- Published on: 2009-11-01
- Released on: 2009-11-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .70" w x 5.50" l, .65 pounds
- Binding: Paperback
- 256 pages

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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](http://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](http://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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#### **Lou Marshall:**

In this 21st centuries, people become competitive in each and every way. By being competitive right now, people have do something to make these survives, being in the middle of the crowded place and notice through surrounding. One thing that oftentimes many people have underestimated that for a while is reading. Sure, by reading a e-book your ability to survive boost then having chance to stand than other is high. For you who want to start reading any book, we give you this kind of Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently book as starter and daily reading reserve. Why, because this book is usually more than just a book.

#### **James Smith:**

This book untitled Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently to be one of several books in which best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit onto it. You will easily to buy this specific book in the book store or you can order it via online. The publisher on this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason for your requirements to past this guide from your list.

#### **Clyde Okane:**

Typically the book Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently has a lot info on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. This articles author makes some research previous to write this book. This specific book very easy to read you can obtain the point easily after reading this book.

#### **Terrance Pitt:**

Are you kind of stressful person, only have 10 or 15 minute in your moment to upgrading your mind ability or thinking skill also analytical thinking? Then you are receiving problem with the book compared to can satisfy your short time to read it because this time you only find guide that need more time to be study. Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently can be your answer mainly because it can be read by anyone who have those short free time problems.

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