

embrace  
yourself

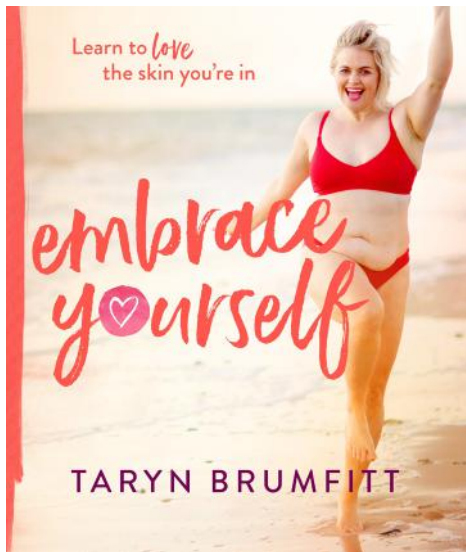
# TARYN BRUMFITT

Michael Joseph | Trade Paperback | RRP \$34.99 | 3 September 2018

also available as an ebook and audiobook via Audible

*'I have long admired Taryn's total acceptance of her body. We can all learn from her!'*

**- Olivia Newton-John**



**Embrace Yourself** is the ultimate 'how-to' guide to loving your body at every shape and size by director of award-winning documentary *Embrace* and fiercely passionate champion of women, **Taryn Brumfitt**.

An antidote to the global body-shaming and body-hating epidemic, Taryn's message is urgent, critical and incredibly inspiring. Learn to accept your body for all the wonderful gifts it brings you and reject the destructive fake images we are bombarded with every day.

It's time to say 'fuck it' to getting 'bikini body ready'. To recognise the body-shaming activities that so many of us are guilty of, and then tackle them. To have sex with the lights on. To throw away the scales and stop supporting Australia's \$7billion weight loss industry. To recognise that the highlight reel ain't real. To bust a move and dance like no one is watching!

Taryn Brumfitt is living proof that embracing your body works. After the birth of her third child she became obsessed with regaining a pre-pregnancy figure and began a punishing weight-loss and exercise regime that culminated in competing in a bodybuilding contest. But despite having what society would claim was the perfect figure, she was deperately unhappy and decided to return to a more relaxed regime.

One day she posted an online before-and-after picture, with a twist. The before picture was her at her thinnest, the happy after shot was Brumfitt as she was, carrying a few pounds yet content. The post went viral and caused a sensation globally. Taryn now unashamedly loves her body and has made it her life mission for women around the world to feel that same joy.

In *Embrace Yourself* Taryn shares her story and offers practical ways for readers to embrace their bodies, and live happier and healthier lives. She has also collected honest, funny and affirming contributions from body image activists such as actor Teresa Palmer, former Australian Paralympian Jessica Smith, photographer Jade Beall, PhD Researcher Dr Linda Bacon and founder of the Sydney Skinny Nigel Marsh.

Do you hate your body and want to learn how to let go of the unhappiness it brings? Do you just want to reach a greater-sense of body-loving nirvana? If the answer is yes, then this book might just change your life.

*'Taryn is leading a body image revolution. Encouraging women to embrace being perfectly imperfect is the gift that keeps on giving.'*

**- Georgie Gardiner**

*'Every woman, and every girl, needs to read this book. Taryn will literally change your life.'*

**- Mia Freedman**

*'This book is a gift for all women; let it be your bible.'*

**- Teresa Palmer**

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**Taryn Brumfitt** is the fiercely passionate thought leader behind The Body Image Movement and the director of the inspiring social-change documentary *Embrace*.

*Embrace* was supported by nearly 9000 Kickstarter pledgers and went on to reach millions of viewers in Australia and internationally.

Taryn's global crusade to end the body dissatisfaction epidemic has seen her recognised by the United Nations Women, Amy Poehler's Smart Girls and the Geena Davis Institute. Named alongside Beyonce and Emma Watson in *Brigitte* magazine's 'Women of the Year,' Taryn's positively infectious voice and powerful message has reached over 200 million people.

Taryn lives in Adelaide with her husband Mathew, three children, one dog, one turtle and ten fish.

To celebrate publication of ***Embrace Yourself***, Taryn will be embarking on a tour with events in Melbourne, Brisbane, Sydney, Adelaide, Geelong, Albury, Bathurst, Wollongong, Newcastle, Port Macquarie, Armidale and Toowoomba.

**'Your body is not an ornament - it is the vehicle to your dreams.'**



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