



Taryn Brumfitt to embark on a mega *Embrace Yourself* tour this September

- *Embrace Yourself* by Taryn Brumfitt, the ultimate 'how-to' guide to loving your body at every shape and size, to be published on 3 September.
- Major city events to take place in Melbourne, Brisbane, Adelaide and Perth.
- Taryn to then board an *Embrace Yourself* bus to bring 7 jam-packed girls' night out events to 7 towns in 7 days, visiting Albury, Bathurst, Wollongong, Newcastle, Port Macquarie, Armidale and Toowoomba.

To celebrate the publication of her new book *Embrace Yourself*, author, director of award-winning documentary and fiercely passionate champion of women, Taryn Brumfitt, will be embarking on one heck of a tour. This September, Taryn will spend two weeks touring Australia to help women let go of the unhappiness that hating your body brings and reach a greater sense of body-loving nirvana.

On release of *Embrace Yourself*, Taryn will be travelling to Melbourne, Brisbane, Adelaide and Perth for in-conversation events with former paralympian Jessica Smith, 97.3FM presenter Bianca Dye and ABC presenter Ali Clarke.

Taryn will then be boarding a *really* big *Embrace Yourself* bus to bring 7 jam-packed girls' night out events to 7 towns in 7 days. Taryn will be inspiring women to LOVE their bodies, birdsnest will be entertaining audiences with a fashion show for everyBODY and MC comedian Ellen Briggs will be making them laugh so hard they might wet their pants!

Full event details:

- [Melbourne Launch](#): Taryn Brumfitt in-conversation with former paralympian Jessica Smith at Church of All Nations, 3 September, 6.30pm.
- [Brisbane Launch](#): Taryn Brumfitt in-conversation with 97.3FM presenter Bianca Dye at Brisbane Powerhouse, 4 September, 7pm.
- [Adelaide Launch](#): Taryn Brumfitt in-conversation with ABC presenter Ali Clarke at Marion Cultural Centre, 6 September, 7pm.
- [Perth Launch](#): Taryn Brumfitt in-conversation at Fraser Suites Perth, 13 September, 6pm.
- [Embrace Yourself girls' night out in Albury](#) at SS&A Club, 20 September, 6.30pm.
- [Embrace Yourself girls' night out in Bathurst](#) at Panthers Bathurst, 21 September, 6.30pm.
- [Embrace Yourself girls' night out in Wollongong](#) at Anita's Theatre Thirroul, 22 September, 6.30pm.
- [Embrace Yourself girls' night out in Newcastle](#) at The Nex, 23 September, 6.30pm.
- [Embrace Yourself girls' night out in Port Macquarie](#) at Panthers Port Macquarie, 24 September, 6.30pm
- [Embrace Yourself girls' night out in Armidale](#) at Armidale Servies, 25 September, 6.30pm.
- [Embrace Yourself girls' night out in Toowoomba](#) at Rumours International, 26 September, 6.30pm.

For further information please contact:

Chloe Davies, Senior Publicist
p +61 (2) 8923 9926 / +61 418 948 260
e cdavies@penguinrandomhouse.com.au

Level 3, 100 Pacific Highway, North Sydney, NSW 2060
p +61 2 9954 9966
penguin.com.au

Penguin Random House Australia Pty Ltd
ABN 28 004 815 703



Penguin
Random House
Australia



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's new book *Embrace Yourself* is published by Penguin Random House Australia and will be available from 3 September, RRP \$34.99

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

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

- Olivia Newton-John

The *Embrace Yourself* tour is being supported by:

birdsnest / Penguin Random House / Be Keane / step into life / Modibodi / Big4 Holiday Parks / Sea Level Australia / MOJO KOMBUCHA / BLUSH&Co. / Tan Tootie / naked WINES / Readings / Brisbane Powerhouse / Riverbend Books / Marion Cultural Centre / Shakespeare's Bookshop / Boffins Books / Behind the Brands / Love Food and Gratitude

For further information please contact:

Chloe Davies, Senior Publicist
p +61 (2) 8923 9926 / +61 418 948 260
e cdavies@penguinrandomhouse.com.au

Level 3, 100 Pacific Highway, North Sydney, NSW 2060
p +61 2 9954 9966
penguin.com.au

Penguin Random House Australia Pty Ltd
ABN 28 004 815 703



Penguin
Random House
Australia