

Skinny, Fat, Perfect

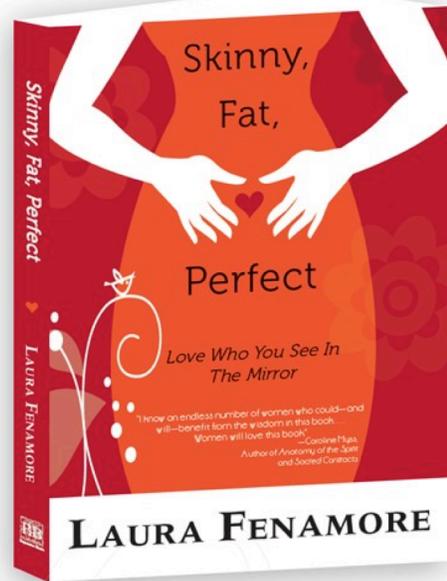
Love Who You See in the Mirror

By Laura Fenamore



"For more than 10 years, I have offered thousands of women all over the planet a safe community to discover love for their bodies and themselves.

Through the *Skinny, Fat, Perfect* community along with my body image coaching and programs, these women discovered the strength within themselves to transform their story. They have developed a permanent, healthy relationship with food AND a positive body image which has allowed them to embrace happiness and enjoy peace in all areas of their life."



Laura's vision is living in a world where health and body image are celebrated. If you want to feel comfortable, safe and motivated in your body, and get results, read this book.

~ Jack Canfield
Co-creator, *The Chicken Soup for the Soul*

www.SkinnyFatPerfect.com

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Love Who You See in the Mirror

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Meet The Author

“I believe in a world...

Where a woman's love, vulnerability and kindness are more valued than an attractive face or a slim waistline.

Where we banish the assumptions we make about others based on their size and value the things that truly matter. Where the road to health is paved with gentleness and self-care – not pain, deprivation, or exhaustion.”

Body Image Expert, Coach and acclaimed Author, Laura Fenamore is on a mission to help women around the world end the constant battle with their bodies and start adoring who they see in the mirror. Her approach walks students and readers through the heartfelt journey to self-love at any size or age by unlocking the secrets to a lifetime of physical and spiritual health.

For the past 12 years, Laura has worked alongside hundreds of women through her Body Image Mastery programs and public speaking engagements. She has inspired thousands more to release excess pounds, reclaim their self-esteem and live bold, beautiful lives through her global online community: *Skinny, Fat Perfect: Love Who You See in the Mirror*.

Everything Laura teaches has roots in her own experience. After overcoming a lifelong battle with addiction, obesity, and eating disorders, Laura released 100 pounds – keeping it off for more than 28 years. She chronicles this journey to self-love and health in her widely acclaimed book, *Skinny, Fat, Perfect: Love Who You See in the Mirror*. She is also an author and contributor to *Nothing But the Truth So Help Me God: 51 Women Reveal the Power of Positive Female Connection*, published in 2012.

A Body Image Coach, author, presenter and widely sought after speaker, she is a frequent contributor to print and digital media nationwide, including *First for Women*, *Ladies Home Journal* and the *Dr. Pat Show*. She is a popular contributor to the *Tiny Buddha*, *The Daily Love* and *Positively Positive* communities. In addition to her frequent webinars, Laura conducts classes and consults from her office in Marin County, CA. Active in her local and global community, she serves on the board for *Impact a Village*, a nonprofit dedicated to improving education and healthcare in developing nations.

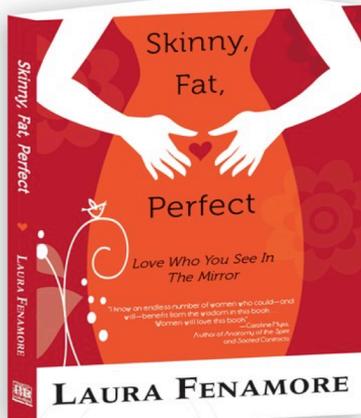
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Love Who You See in the Mirror

By Laura Fenamore



Book + Community

"I know an endless number of women who could – and will – benefit from the wisdom in this book. Women will love this book."

~ Caroline Myss, Author
Anatomy of the Spirit & Sacred Contracts

Skinny, Fat, Perfect is part memoir, part road map and whole-heartedly designed to help you approach healthy body image and weight release from a different perspective.

This book is not a diet or an exercise regime. It's a guide for returning to self-love, healing old wounds and being happy in your body at any size or age. It's time to abandon the popular fear-based and fight-oriented diet paradigm, and instead see how accepting ourselves and our bodies will lead to natural, healthy and sustainable weight.

In *Skinny Fat Perfect*, life coach and body image expert Laura Fenamore shares her personal journey of releasing 100 pounds permanently, and overcoming the self-loathing and addiction that dominated her life. Now a global teacher and mentor to others facing similar challenges, Laura shares the techniques she uses to help her students break free of the diet mentality, release weight healthily, and see themselves in a new, loving light, for good.

Love
Who You See In The Mirror

Facebook Community

A life lesson learned from experience...we cannot tackle life challenges alone.

This group is a safe space for transformations...both inside and out. It is a place to release judgment, embrace self-love and live the happy, healthy life you deserve.



Purchase online at Amazon + SkinnyFatPerfect.com

Check local retailers for availability.

Skinny, Fat, Perfect

Love Who You See in the Mirror

By Laura Fenamore

Feel + Share The Love

"I don't know anyone who walks her talk the way that Laura Fenamore does. The way she lives is a testament to what she believes. She is constantly evolving. This makes her ideally qualified to assist others in their evolution. She is well-trained in the experience of growing pains. She also knows the peace of mind that comes with progress. You can't teach what you haven't lived. Laura lives her lessons, sharing experience, strength, and hope with those lucky enough to know her along the path."

~ Jana Stanfield
Recording Artist & Speaker

"How many people do you know who have lost 100 pounds?

How many of those people have kept it off for over 28 years and will keep it off FOREVER?

Laura Fenamore has and she'll show you how you can make permanent changes from the inside out. She is 100% committed to helping people who struggle with weight and body images issues and her 12-week program works!"

~ Marci Shimoff
NY Times bestselling author of Happy for No Reason



"Laura Fenamore's passion to transform women's lives was revealed after successfully losing 100 pounds. If anyone can lead this body image revolution, it is Laura!"

~ John Gray
*Bestselling Author
Men Are From Mars, Women Are From Venus*

"After years of battling a weight problem, I was lucky enough to meet life coach, Laura Fenamore.

She helped me change my life, with her kindness and unwavering support and understanding. With her help, I have lost 58 lbs, exercise everyday and have never felt better. She has helped me realize that without exercise, along with diet, permanent weight loss is not possible.

Thanks to Laura, I now have greater self esteem which I now know is paramount to permanent change!"

~ Leslie Pellegrini
Opera Singer

"It took only a few months with Laura's coaching for me to be well on my way to my goals. At first, I didn't realize how much her skillful words awakened in me. But as the weeks went by I found my behavior changing in subtle ways. I am amazed at the power of accountability! By the end of the 2nd month I was fully active on the four most important goals of my life, weight, smoking, writing and forgiveness. Laura helped me find the drains on my energy. Once I identified them, I chose to trade them in for behaviors that would benefit me. I feel that old and priceless commodity of enthusiasm, which has always led me to the best rewards of my life. It is good to be me, again!"

~ Lynne C. González
Editor/Writer



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Love Who You See in the Mirror

By Laura Fenamore

Speaking + Presenting



Onstage, Laura Fenamore captivates audiences with her unforgettable combination of warm wit, irreverence, and powerful action-centered takeaways for learning to love yourself and love your body. She loves engaging audience participation and encourages listeners to reframe their stories and past pain so they walk out of the room empowered with the knowledge anything is possible.

Laura has already inspired thousands of women all over the world with her own incredible journey to health and self-love after a lifelong battle with her body. Now, she looks forward to bringing that same unstoppable energy to your next event.

Love Yourself and Love Your Body

Laura's Favorite Speaking Topic:

Love Who You See in the Mirror!

Whether you are struggling with health, weight, food, relationships or finances -- Laura shares her powerful secrets on the transforming power of self-love for achieving your goals and overcoming challenges.

- ~ Learn simple strategies to overcome negative body image and improve your whole life through spiritually-focused self-love.
- ~ Learn 3 NEW tools to achieve a healthy body image.
- ~ Learn how to let go of the diet/body obsession forever!

"Laura's talk was powerful. Her honesty and willingness to share painful experiences from her past touched my heart, because I believe the only way to overcome shame about our bodies is to share our experiences with each other in a safe environment. Helping others helps heal our own pain."

~ Diane Stone

"Laura's message is a message that all women need to hear. During Laura's presentation, I kept thinking of my young daughters. I wished I could impart her message into their minds and being so they grow up loving themselves and knowing their worth all along, not having to learn that later in life like so many of us do.

Laura spoke out loud all the things that we, as women, tell ourselves inside to make ourselves feel bad, inadequate, and not good enough. It was like she had a secret recording of my inner thoughts."

~ Elizabeth

As the featured speaker Laura Fenamore made our annual women's conference both special and memorable. The way she captured the audience and engaged them was truly amazing. The participants all felt the information she presented was valuable and easy to implement into their lives. I absolutely love Laura's energy!

Natasha Lee
Founder, *True Beauty Revealed*

"Laura speaks from her heart and knows how to express herself clearly. When she speaks, you know what she feels passionate about. She changes lives."

~ Debi Young



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Love Who You See in the Mirror

By Laura Fenamore

Coaching + Workshops



As a life coach for women and body image expert, Laura works 1-1 with clients who are ready to begin their mind-body-spirit transformation. Her mission is to help women feel sexy & stunning no matter what dress size they may wear, enjoy a gorgeously nourished body, free from deprivation diets and punishing workout routines, and most of all to live a joyful life full of the nurturing relationships and self-care needed to blossom.

The First Step: In-Depth 1-1 Consultation

(90 Minutes)

This single session, over video or phone, is designed to help clients get absolutely clear on specific challenges and create a gentle action plan to step forward into your next phase. Over this exploration hour and a half, women uncover the stories that keep them stuck in negative habits and patterns.

The Bigger Step: Body Image Mastery Program w/ 1-1 Support

(12 weeks)

This experience is crafted for the self-starter who still wants someone in her corner to hold her accountable, and help her stay the course. Over the 3 months, women learn to implement the practices and simple strategies that will transform their mindset around food, exercise, and your beautiful body. This offers access to the private *Skinny, Fat, Perfect* Facebook community, where they can connect with extraordinary women on the same journey and swap stories, share struggles, and celebrate each another's successes.

The Giant Step: Exclusive Transformational Coaching

(6 Months to 1 Year)

This is a custom designed 1-1 immersive, loving journey with Laura and is available by application only.

Body Image Mastery Classes

- ♥ 12 Live Coaching Calls
- ♥ Templates and Handouts
- ♥ Access to private Facebook group to connect with like-minded women on a daily basis and receive support.

It is Laura's mission in life to help other women so their journey can be easier than hers.

"Laura is one of the most dynamic, compassionate, caring, empowering, skilled coaches I've ever worked with in my life. If you're looking for someone that could help you get clear about where you want to go... feel comfortable, safe and motivated and get the results... I want to encourage you to work with Laura."

~ Jack Canfield
Creator of *Chicken Soup for the Soul*

"Laura was so effective in helping me overcome my weight issues and my unhappy relationship with my body. Thank Goodness I found Laura through searching the web! I thought I hired her to lose weight and what I learned was so much more. I learned how to heal myself from the inside out and that is the only thing that will allow permanent change."

~ Janis Manchester
Sales Manager

"The skills you taught me during our sessions together empowered me. I released 35 pounds over 9 months, rather effortlessly. It took time and I never gave up."

~ Kerrilyn

For more details and to sign up for coaching + workshops visit:

www.SkinnyFatPerfect.com