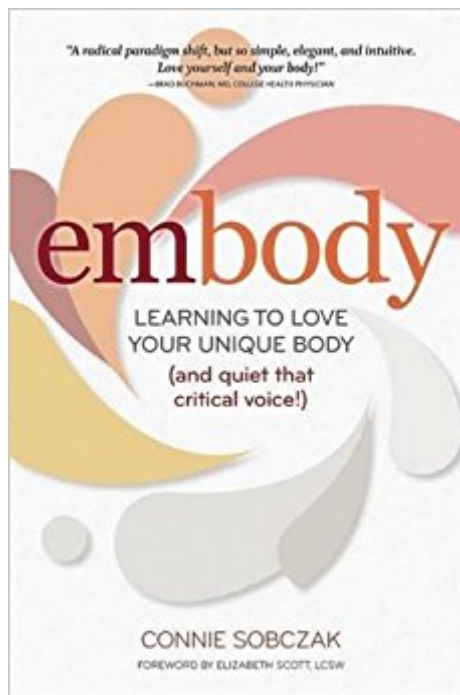




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Embody: Learning To Love Your Unique Body (and Quiet That Critical Voice!)



Synopsis

This book's message is rooted in the belief that people inherently possess the wisdom necessary to make healthy choices and live in balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental to achieving good physical and emotional health. Embody guides readers step by step through five core competencies: "Reclaim Health" "Practice Intuitive Self-Care" "Cultivate Self-Love" "Declare Your Own Authentic Beauty" "Build Community" Anyone can practice these fundamental skills on a daily basis to honor their innate wisdom and take good care of their whole selves, and research indicates that this work significantly improves people's ability to regulate eating, decreases depression and anxiety, and increases self-esteem. Rather than receiving a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry to find what works uniquely in their own lives to bring about "positive self-care changes and a peaceful relationship with their bodies."

Book Information

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Customer Reviews

"In Embody, Connie Sobczak brings her years of experience as co-founder and director of The Body Positive alive on every page. Her work offers practical, process-oriented, and gentle support in our journey to reclaim the wisdom and truth of our own bodies." — Ruth Gendler, Author of Notes On the Need for Beauty "This is a gorgeous book filled with the wondering, awe-filled voices of people who have found they can lovingly care for themselves in their diverse bodies and circumstances. Our world desperately needs to see this is possible" and Connie

serves it up in a feast of triumph and celebration.â Deb Burgard, PHD, FAED, Co-Founder of The Health At Every Size® Model; Connie makes the quest for self love and acceptance deeply imaginable in a way that lifts the spirit and carries you to a place of hope and endless possibility.â Linda Arbus, LCSW, Faculty of the Women's Therapy Centre Institute, New York; Embody, touches the mind and heart as it demonstrates how to gain connection to our inner wisdom. Impressively insightful, an excellent resource!â Lela Zaphiropoulos, LCSW, ACSW, Co-Author of Eating Problems; Embody, is a powerful addition to the Health at Every Size® community. It brings to life what we know from scientific evidence: people of all sizes can live active and healthy lives; and love themselves, too!â Linda Bacon, PHD, Author of Health At Every Size; Embody, belongs in every school, home, and place where the lives of our boys and girls matter!â Carol Bloom, LCSW, Co-Founder of the Women's Therapy Centre Institute, New York; With Embody,, people of all ages can learn that self-love is the best motivation there is to care for their uniquely beautiful bodies. I am excited to share this wonderful resource with my clients.â Carmen Cool, MA, LPC, Psychotherapist, Boulder, Co; Embody, sparks a flame of self-love in your heart that glows brighter when you share it with others. It makes you want to stand up and say, "I am beauty!"â Jessica Diaz, MSW, Founder of Love Guerrillas; A beautiful, wise, practical book that will empower a next generation to shed our culture of toxic ideas of perfectionism and bodily dissatisfaction. This book, and the body positive movement, are part of a compassionate revolution leading young people to greater dignity and empowerment.â Dacher Keltner, PHD, Founding Director, Greater Good Science Center, UC Berkeley

Connie Sobczak is a mentor, writer, and award-winning video producer. Her experience with an eating disorder in her teen years and the death of her sister Stephanie inspired her life's work to create a world where all people are free to love their bodies. In 1996, she and Elizabeth Scott, LCSW, co-founded The Body Positive, a nonprofit organization that teaches people to experience radical self-love, inhabit their unique beauty, and reconnect to the voice of wisdom within that offers freedom to live with purpose and passion. Connie is a leader of the movement to prevent eating problems and improve the self-image of youth and adults through her videos, writing, workshops, and peer-led programs for students in middle school through college. Her video Discover Your Healthy Weight was a grand festival award winner in the 2009 Berkeley Video & Film Festival. She was a 2008 semi-finalist for a Volvo for Life award honoring "cereal-life heroes." A California native, Connie currently resides in the San Francisco Bay Area with her partner, Jim. Their

daughter, Carmen, is her inspiration and her joy.

Join the movement and spread the word. Let's end body shaming forever. I am so grateful this book and the efforts they are making to heal the sickness in our society around body image.

So grateful to have found Embody on my journey of healing my relationship with my body and my spirit.

A clear step-by-step approach to healing body issues. I'm giving it for Christmas gifts.

I love this book and cannot say enough good things about it. I think every person with a body should read it! I recommend it to my clients who struggle with body image and Learning to accept themselves.

This is an incredible book. Connie and the whole Body Positive community have truly saved my life. Finally, a book and a message that gives everyone the opportunity to forgive themselves and find freedom from their harsh critical voice. I keep this book next to my bed and have bought copies for my closest friends, new friends, coworkers, and classmates. Everyone has responded with the same affection. I feel rejuvenated when I read it and read a little or a lot each day, every day, when I am doing well, or down in the dumps, and I consistently feel energized and moved afterwards. Thank you Connie!

In spring 2015 I was encouraged by a friend to read a book called *Embody* by Connie Sobczak. Little did I know how much my outlook on life and myself would change from reading what I now call my *Bible*. I learned about how five simple competencies can truly have a significant impact on how we view ourselves. I was so inspired from reading the book and decided to look into the Body Positive program and what it entailed. I attended an all day workshop in Berkeley in July 2015 and needless to say, I was personally transformed. I learned that acknowledging and embracing my critical voice was the change that was needed within me to trust my inner truth. I now know that everything I need to know is inside me. -Angela Girard

This book is amazing. I often feel the need to go back and read certain chapters when I'm feeling low on confidence and I find it carries over to other aspects of my life. This book transcends others

in the genre and stands alone as the most important book you should read on positive body image.

Loved this book for so many reasons- a must read for all women plagued by body image issues!

This is the light leading the way through the darkness

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