The Book That Can Change Your Life: 100 Life-Changing Lessons From The Most Extraordinary Women in Health & Fitness

October 20, 2013

Real Talk Real Women

SAN FRANCISCO, CA (RPRN) 10/20/13 — REAL TALK REAL WOMEN by Miriam Khalladi is a unique inspirational book for women with a foreword by the New York Times bestselling author of THE EAT-CLEAN DIET Tosca Reno. The book is co-authored by 100 of the most prominent names in the health and fitness industry, featuring their most valuable life lessons around self-love, persistence, success, finding balance and making a difference in the world.

- When we look at them we see perfection. Beauty. Glamour. Success. But there's more to them than meets the eye. They are all real women. Who have gone through very real struggles to get to where they are today. Yet they persevered, and they succeeded.

From Olympic medalists to supermodels. From elite fitness competitors to martial arts champions. From celebrity trainers to business moguls. REAL TALK REAL WOMEN (http://www.realtalkrealwomen.net) brings you up, close and personal with 100 of the most extraordinary women in the health and fitness industry as they share their stories, most valuable life lessons and golden advice.

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The book is divided in 5 sections:

- Love Yourself - As women, our brains are wired to love, to care and to protect. But even with so much love inside of us, many of us never truly learn to accept, love and believe in ourselves. It's time you learn the most valuable lessons around self-love.

- Never Give Up - Whether they have suffered through severe eating disorders, epilepsy, cancer or sexual abuse - they never gave up. You will learn what kept them going, and how you too can persevere through hardship in life.

- Achieve Success - Success means different things to different people. Money. Fame. Happiness. Being a good mother. Winning an Olympic medal. Making a difference in other people's lives. Or building a business empire. Now, you can tap into the wisdom and insight of women who have achieved all of the above.

- Find Balance - An honest look at finding balance in our lives as women. We discuss how to live a healthy lifestyle with balance, being a mother, releasing your Inner Zen and much more. Because balance doesn't have to be a myth.

- Make a Difference - Discover how you too can make a difference in the world. Have your voice heard, inspire people and find fulfilment. Because you're not a nobody, and you're destined for greatness.

REAL TALK REAL WOMEN will be released in Digital Formats on November 14 and will be made available as a hardcopy on December 14. For a full overview of all coauthors, to download sample chapters and for more information please visit www.realtalkrealwomen.net or connect with us on Facebook.

About Miriam Khalladi

On a mission to inspire 100 million women across the globe to live healthier, happier lives, Miriam Khalladi has interviewed top fitness competitors, elite trainers, Olympic gold medalists, martial arts champions and leading PhD's – focusing on their knowledge rather than their physical appearance.

Since starting out, the 100+ interviews have received nearly 1 million views on YouTube and "Real Talk. Real Women." has become a movement to inspire and empower women across the globe to live healthier and happier lives.

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Filed Under: ENTERTAINMENT, PRESS RELEASE

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