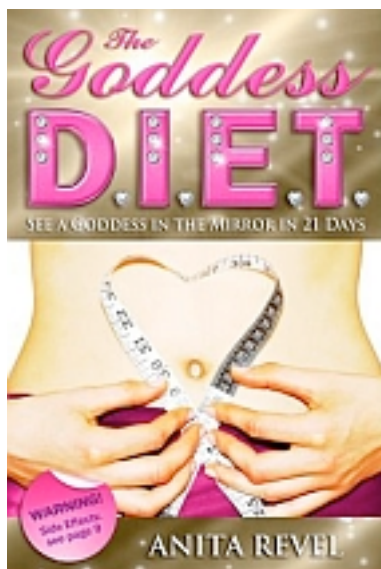


The
Goddess
DIET
SEE A GODDESS IN THE MIRROR IN 21 DAYS

PRESS RELEASE ADDENDA



These additional notes offer further reading and support material to complement press releases for *The Goddess DIET, See a Goddess in the Mirror in 21 Days* (Now Age Publishing, 2009) by Australian author Anita Revel.

Books are available on request. Anita Revel is available for interviews. For further information, please c.t Linda Burgess Parkes, Eyes On You Media. linda@eyesonyoumedia.com, Mobile: 0437 594 987



About The Goddess DIET

Foodies rejoice! No more dangerous dieting; no more trash talking; no more self-loathing...

When Anita Revel lost her libido, her self-respect and her aspiration to get another season out of her bikini, she embarked on a life-changing process to find her goddess within. In creating The Goddess DIET, she found dozens of Daily Intentional Empowerment Tools to realign her physical, emotional and spiritual behaviours for holistic well-being.

The Goddess DIET works because it connects the three crucial relationships between body, mind and spirit for a healthy self-esteem. Lose your inner critic, gain more energy and fall in self-love.

About Anita Revel



Anita Revel is an Australian author, artist and columnist for United Press International. In her young-twenties, she earned a Bachelor of Applied Science (Consumer Science) but has since worked in various roles such as Japanese teacher, marketing director and most recently, marriage celebrant. All her experiences underly Anita's rich, warm and witty views expressed in her work as a writer.

Anita lives on a farm in the stunning Margaret River region of Western Australia with her husband and two children. Her favourite time of day is watching the sun set like a glob of golden butter into the Indian Ocean, even if it does make her hungry for popcorn.

Spotlight on the side-effects

Before undertaking The Goddess DIET, be warned that the following side-effects have been reported by women who have completed the program:

- Inexplicable desires to dance;
- Bursts of random happiness;
- Outbreaks of outrageous luck;
- Unsolicited acts of kindness to self;
- Frequent glimpses of your inner wow factor;
- Spontaneous bouts of smiling for no reason;
- Unprecedented feelings of self-respect;
- Easy-peasy weight regulation;
- Effortless energy throughout the day;
- Irresistible attraction to love and light;
- Multitudes of women asking for your secret;
- Holistic health in all aspects of your life.

Disclaimer: Please do not purchase or share this book unless you are prepared to accept and relish the consequences as outlined above.



A note from the author

If you're reading this book because you think it's a manual for weight-loss, it's my guess you:

- a) think you're fat;
- b) really are fat;
- c) both of the above.

Take heart. If you are conditioned to be ashamed of your curves (as I was when I started this program), well, it's time to overhaul your thinking about dieting, your body, your body image, your self esteem and your holistic well-being. It's time to get real.

It is my pleasure to redefine the concept of dieting by providing you with Daily Intentional Empowerment Tools ('DIET') to help you feel good about yourself. No more dangerous dieting; no more trash talking; no more self-loathing... The Goddess DIET realigns your physical, emotional and spiritual behaviours so that you can see a goddess in the mirror within 21 days.

When I first developed The Goddess DIET in 2005, my initial goal was to get back into my bikini. Happily, this program taught me so much more about myself and my values so that eventually, the bikini became a non-issue – I soon realised it was my attitude that was keeping me in the loop of self-loathing.

So, this project is the result of my decision to change my life in order to regain it. Physically, I found the ideal weight for my body (and my wardrobe!) that is sustainable, healthy and keeps me energised. And although I did lose a dress size as a side-effect of respecting my body, I attained so much more than a simple diet plan could have given me. I also benefited enormously on emotional and spiritual levels too. I lost my inner critic, gained more energy and fell in self-love.

Nearly four years on, I'm still living The Goddess DIET with ease. In fact, even though I'm a rampant foodie, regard champagne as a major food group, and have a new baby at the time of completing this book, I'm still lighter, healthier and happier than ever before. I recorded the journey so you can see that even someone with a history of bulimia and chronic lethargy can overcome ingrained self-loathing and see a goddess in the mirror in 21 days. Herewith, is my journey, 'warts', tantrums, tiaras and all.

Spotlight on Prayer to the Inner Goddess

This prayer was focus-tested with the members of Anita's website, Goddess.com.au . Comments can be viewed at the author's blog, GoddessGoodies.blogspot.com

Our star, who art within,
Radiance be thy name;
Thy queendom shines,
Thy will be love,
in mind as you are in body.
Give us this light, our daily wow,
and relish our sass and brilliance;
As we dance and follow your siren song,
lead us not into dullsville
but deliver us to succulent joy.
Blissed be.



Spotlight on the Body- Mind- Spirit connection

Yes, I've called this lifestyle concept and book The Goddess DIET, but I don't mean diet in the traditional sense of the word - that is, the penalty you pay for exceeding the feed limit. No, I mean to redefine this word so that it joins the ranks of good four-letter words.

The DIET I am talking about is not a punishment. It is not about starvation, regimen, sweat or sacrifice. This new DIET is an acronym for Daily Intentional Empowerment Tools. It is a reward for following a responsible, easy and holistic approach to good health and a glorious life. This holistic approach is made up of three essential facets:

Your Body

The first part of this DIET is based on the single and simple principle of being kind to your body. Call it what you will - a vehicle, a temple, a house for your soul - in any case it needs maintenance to serve you well for the rest of your days. Your body is a barometer for your self-respect: disrespect your body and it will stop co-operating. You'll tire more easily, become grumpy more quickly, and get creaky when you move. Lord knows, a woman is only as young as her joints.

How you treat your body is a direct measure of your self-worth. To improve your standing, this section focuses on increasing your awareness of how food and food types affect your body and health, and how the right combination of food and exercise makes you feel fabulous and comfortable in your skin. We'll also look at some easy ways to overcome toxic habits. With practice you'll be able to give your inner cynic the flick and give your body the respect it deserves.

Your Mind

Your mind and your attitude play a vital role in how you feel about your body and your life. This DIET dedicates a sizeable section to re-training your mind and your attitude so you can see good health is easy and achievable. It is also so you can see the exquisite beauty in your body and your lifestyle choices. Love your body, love your Self.

I will show you how to recognise signs of self-sabotage, and how to curb habits of self-criticism and self-destruction. This does take some commitment, but remember, it is simply conditioning that created the 'you' that you are now. And just as you were conditioned to be a certain way, you can certainly teach yourself to be another way.

Your Spirit

It is possible that as a child you were taught to rely on a greater power as your source of strength - Jesus, God/dess, Angels, Buddha, Shiva, the Universe, the Lord and Lady, a horny goat-god, an alien, Vogue magazine... There are as many faith systems as there are bubbles in my champagne glass.

In this DIET, you are encouraged to reclaim your power from outer influences. To do this, there are various ways to take the responsibility for your self-love into your own hands. This way, you only have yourself to thank for your shining success ;-) We'll leave behind systems of deferred blame and gratitude, and empower ourselves instead by reconnecting with our authentic power within. I call this authentic power your 'inner goddess' - the beautiful and sacred being you were born to be. Love your body, love your Self, love your goddess within...

