

Anita Revel

The Goddess D.I.E.T.

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The Goddess D.I.E.T.

Western Australian writer, Anita Revel is a self-confessed, rampant foodie who regards champagne as the bubbles of life, calls herself a joy junkie and generally lives a healthy, upbeat lifestyle.

It hasn't always been that way.

Anita, 40, battled bulimia in her mid-twenties which led to debilitating lethargy by her mid-thirties. Her weight ballooned, her self-esteem plummeted, and her emotions plunged into darker depths.

Anti-depressants were the solution to this problem, according to doctors. Anita, who would crawl into bed exhausted at any hour of the day, had the strength and insight to reject them.

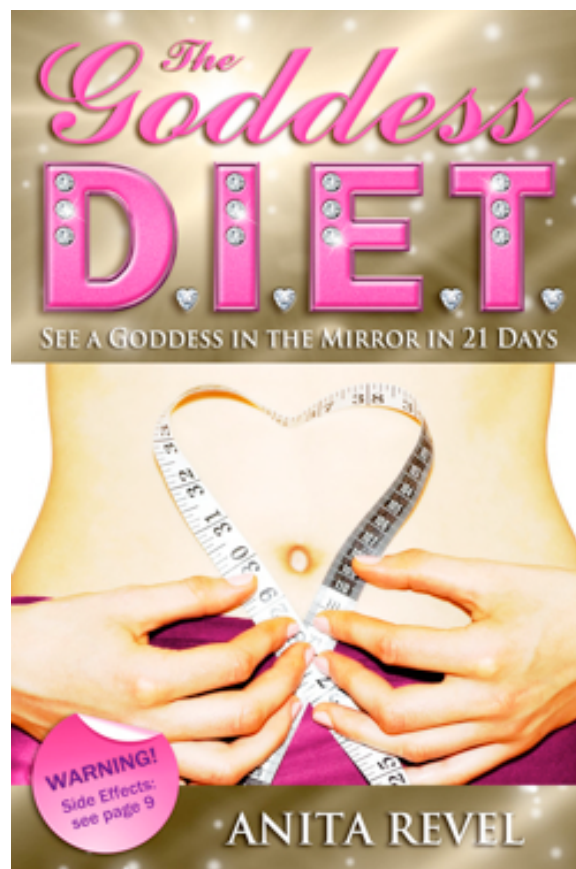
Instead, this prescription of medical 'well-being' gave her the oomph she needed to search for ways to help herself.

With a scientific background, Anita delved into research and, armed with the 'break-the-habit in 21-days' system, Anita devised a way of making friends with her body image!

Anita left no stone unturned and no researchers and associate professors alone until she had the information she needed to turn her life around. Now this sassy, inspirational, lively mother-of-two is intending to unleash her personal journey to every woman, of any age, on the planet.

An author in her own right, Anita has recently launched a book titled: *The Goddess D.I.E.T., See a Goddess in the Mirror in 21 Days*, in which she redefines the concept of "diet" by providing the reader with **Daily Intentional Empowerment Tools (D.I.E.T.)**.

The 21-day program is an exercise in overhauling how women think about dieting, the body, body image, self-esteem and holistic well-being. But....it carries a warning. Serious



side effects have been reported by those who have completed the program in this revolutionary book.

These include: A revived passion for living, unprecedented feelings of self-respect, easy weight regulation, an attitude shift towards healthy body image, boundless energy, and it sees off the inner critic.

No more dangerous dieting; no more trash talking; no more self-loathing... The Goddess D.I.E.T. realigns your physical, emotional and spiritual behaviours so that you can see a goddess in the mirror within 21 days. It does this by leading you through the three aspects of achieving holistic wellness: doing right by your body; realigning your attitude for self-appreciation; and getting connected with your authentic power.

There are no holds barred with this book: Anita has included her journey 'warts, tantrums, tiaras and all. She is lighter, happier and healthier than ever before.

About the Author

Anita, with her scientific background, took advice from associate professors and researchers for information when compiling this book. A rampant foodie, she gave away the cakes in favour of 'good food', became heady from the bubbles of life (as well as her favourite champagne) – and, sampled all the fodder she included in this book.

This mother-of-two, who lives in an idyllic corner of Western Australia, took to exercise and changed her mind state. She forfeited the D-cups as she conquered habits that were making her fat, re-discovered her libido and gained... enormously on emotional and spiritual levels too.

The Goddess D.I.E.T. is a proven companion to beating the blues and the blubber!

Grab a copy.

Websites and More Info

Check out the author's homepage: **AnitaRevel.com**

Media resources and information at the book's page: **TheGoddessDiet.com**

*Books are available on request. Anita Revel is available for interviews. For further information, please c.t Linda Burgess Parkes, Eyes On You Media.
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