



Embrace: My Story from Body Loather to Body Lover

Taryn Brumfitt

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From crying in despair on the bathroom floor to stepping out in stripper heels onto a brightly lit bodybuilding stage, Taryn Brumfitt has had one hell of a journey from body loather to body lover... and she's ready to share it in EMBRACE.

After posting a less than traditional 'before' and 'after' photo on social media in 2013, not even Taryn could have anticipated the attention it would gain worldwide in the media, propelling her Body Image Movement into the hearts and homes of millions in Australia to the U.S. and every country in between. With support from celebrities including Ashton Kutcher, Rosie O'Donnell and Zooey Deschanel, along with millions of men and women in over 100 countries, Taryn's brand of honest and witty storytelling will have you both in stitches and in tears. From losing her brother to a heroin addiction and being bullied at school, to embarrassing (yet let's face it, relatable!) toilet tales, EMBRACE will challenge you to reconsider the relationship you have with your body, but above all, will inspire you to embrace a life without boundaries so that you too can love the skin you're in.

'Reading Taryn's book is like making a new best friend. Her caring personality shines through everything she writes about. I thoroughly recommend this book to all women, of every shape and size.'
--Ricki Lake

(Taryn Brumfitt)



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