



embody: Learning to Love Your Unique Body (and quiet that critical voice!)

Connie Sobczak

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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 — and sustain — positive self-care changes and a peaceful relationship with their bodies.

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