



If Your Body Could Talk: letters from your body to you

Jacquie Sharples

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If your body could talk, is a book written for women struggling to find time for their bodies, written by a woman who has been there and experienced it firsthand.

If your body could talk, is a collection of letters written from your body to you.

Ask yourself the question, if your body could talk what would it say?

"Did you hear me at dinner tonight when I was trying to signal that we were full?"

"I felt so good after you did that workout today. I loved every second of it".

"Please don't hate me or look at me in disgust".

"I want to be your partner in a long, healthy and happy life. Not something you look at and cringe and something that you take for granted".

If your body had choice who owned it, would it choose you, or trade you in for someone who treats it with more respect?

Your career, your social life and your to-do list - they can wait. You only get one body and one life. It's time to listen to what it's saying and show yourself some love.

It's time to listen to your body, and hear what it's telling you.

Jacquie Sharples is a fitness and wellbeing coach and co-founder of Carpe Diem Wellbeing. After years seeing women frustrated with the number of confusing messages that made getting into shape even harder, Jacquie moved from a career as a corporate engineer, to devoting her time to help women get some bodylove.

For more please visit www.ifyourbodycouldtalkbook.com.au and www.carpediemwellbeing.com.au

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