

THE QUEEN OF RUBENESQUE ROMANCES

*Decades of dieting & eating disorders whittled away at Pat Ballard's health & self-esteem,
but she recovered to champion self-acceptance & positive body image
through romance novels with plus-sized heroines.*

NASHVILLE, TN—After dieting & starving from the time she was 11 years old until she was 33, Pat Ballard decided she was going to stop her self-destruction.

She determined to eat healthily, exercise moderately, and accept the body that followed. “I vowed to never again stand in front of a mirror and point out the bad things I saw, but to find and concentrate on the good things looking back at me,” she says now.

As her self-acceptance grew, Pat realized she was far from alone in her previous body hatred. So many women—women of all sizes—aren’t happy with who they are. She also became increasingly aware of the lack of positive plus-size role models in the media, and set about to write motivational romance novels featuring Big Beautiful Heroines, donning the crown of Queen of Rubenesque Romances.

“But these books aren’t just for larger women,” Pat says. “They’re for women of all sizes to learn to accept themselves for the wonderful one-of-a-kind creation they are, and stop trying to look like or be someone that they were never genetically programmed to be.”

Her fan base is growing, with readers regularly commenting on her books’ fresh attitude of self-acceptance and recognition of the natural diversity of body sizes.

“Thank God, someone has the strength to be sane, and let a woman ‘just be,’” one fan wrote Pat. “Someone can look the societal ideal in the eye and say ‘no thanks, I’m valuable as I am.’ Women are tired and overstressed from doing it all. The lengths we go to

in order to ‘fit the ideal body image’ are undervalued. We need a collective ‘enough already,’ and to send out the message that who we are as individuals is worth enough. Thanks.”

Pat’s books include *Dangerous Curves Ahead: Short Stories* (Pearlson Press, May 2004, ISBN 0-9713247-2-7, LCCN 20044102276), *Wanted: One Groom* (Pearlson Press, June 2004, ISBN 0-9713247-0-0, LCCN 2004104466), *Nobody’s Perfect* (Pearlson Press, July 2004, ISBN 0-9713247-9-4, LCCN 2004104467), *His Brother’s Child* (Pearlson Press, August 2004, ISBN 0-9713247-7-8, LCCN 2004104468), and *A Worthy Heir* (Pearlson Press, September 2004, ISBN 0-9713247-8-6, LCCN 2004104469), all available in trade paperback (\$13.95) through Amazon.com or other online booksellers, local bookstores, Ingram Book Group wholesalers, and directly from the publisher at www.pearlson.com, P.O. Box 58065, Nashville, TN 37205, (615) 356-5188.

Ebook versions of the novels and short story collection are or will be available in Adobe Reader, Microsoft Reader, and Palm Reader format (\$4.95) from the Pearlson Press website (www.pearlson.com) as well as many online booksellers.

Pat Ballard also maintains a website at www.patballard.com.

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