

Your body is a unique work of art.
There never has been, nor will there ever be
another body just like yours.
Learn to love it & it will love you back.

10 Steps to Loving Your Body (No Matter What Size You Are)

Pat Ballard

<http://www.pearlsong.com/10steps.htm>

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What people have to say about Pat Ballard & her books

“Like so many women, Pat had been on and off fad diets since she was eleven. When she began to write, it seemed natural to her to make her heroines plus-size women. She has written a number of romance novels with Big Beautiful Heroines. The main characters are plus-size, but the message is for all women to love themselves as they are and stop trying to be something they were never meant to be.”

Peggy Hoelne
Suite101.com

“Thank God, someone has the strength to be sane, and let a woman ‘just be.’ 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.”

Jena Leonardo

“Ballard doesn’t pull punches. She shows her heroines exhibiting ample will and tenacity to tell off those who would shame them into becoming something they aren’t just to blend in with society’s narrow-minded notions of beauty. There’s no guilt in being a big, beautiful heroine in *Dangerous Curves Ahead*, and that is itself a formula for a classic happy ending.”

C. Appel
Fearless Books

“Pat Ballard creates strong witty characters that pull you into the book, wanting to know more about their hopes and dreams.”

Melissa Alvarez
About.com

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“Finally, realistic heroines!...I’m not normally a romance novel reader (although I HAVE been known to read a few), but I was intrigued by the concept of realistic heroines....Ms. Ballard paints her characters with a vivid brush....This book proves that all women are beautiful, not just what Hollywood considers beautiful.”

Rick Bentsen
author of *Dawn of a New Age (Gamma Strike)*
& *The Blademaster Chronicles*

“I think the idea that a large woman can be a heroine is long overdue, much like the idea that they are smart, witty, loving, healthy, sexy, passionate, and adventurous is long overdue!... Pat Ballard, thank you for trying to open the world’s eyes and hearts!”

Jeffrey S. McCalla
of Houston, TX

“I love how your heroine was a strong woman who felt comfortable in her body no matter what size she was.”

Brenda Condit

“It’s so nice to read about a woman who isn’t a ‘perfect size six, and on the slender side’ like so many of the other books I’ve read, or have her be a little heavy at the beginning of the book only to lose the ‘excess’ weight once she finds a man... I hope you start a new trend of books being written for real women!”

Tamara

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Other books by Pat Ballard published by Pearlson Press:

Dangerous Curves Ahead: Short Stories • *Wanted: One Groom* • *Nobody's Perfect*
• *His Brother's Child* • *A Worthy Heir* • *Abigail's Revenge* • *The Best Man*

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Dedicated to Tim Segard,
formerly with iUniverse.com,
who gave me the idea to turn my
“10 Steps To Loving Your Body”
into a book.

Thanks, Tim.



STEP I

Never stand in front of a mirror
and think negative thoughts
about yourself.

“People only see what they are prepared to see.”

RALPH WALDO EMERSON

We’ve all done it. We stand in front of a mirror and look for the negative things about ourselves. Why do we do this? Somewhere in our young lives most of us learned, decided, or were taught that we’re not good enough as we are. We’re not pretty enough. We’re not tall enough. We’re not short enough. We’re not thin enough. We’re too thin, too short, too tall, too fat. We’re—anything and everything *except* okay.

Why is it so hard for us to stand in front of that same mirror and look for the good things about ourselves? It’s almost as if we have a built in self-disgustometer that won’t allow us to see the good points that are just there waiting to be discovered, acknowledged and admired.

We all have good points. Go ahead. Find yours.

“Happiness is:
Looking in a mirror
and liking what you see.”

ANONYMOUS

*“When I look in the mirror
I see the girl I was when I was growing up,
with braces, crooked teeth, a baby face
and a skinny body.”*

HEATHER LOCKLEAR

How many of us are like Heather? She’s a beautiful woman, but her eyes are trained to see herself at a time in her life when she obviously didn’t like the way she looked.

Are we doing the same thing?

“You are always
a valuable,
worthwhile
human being—
not because anybody says so,
not because you’re successful,
not because you make
a lot of money—
but because
you decide to believe it
and for no other reason.”

WAYNE DYER

*“When there is no enemy within,
the enemies outside cannot hurt you.”*

AFRICAN PROVERB

This is such a beautiful truth. When we learn to be at peace with ourselves, what others say and do to us doesn't hurt nearly as badly.

Sure, words hurt. I'll never try to make you believe that negative remarks don't hurt. But if we're acting as the “enemy within” and constantly bombarding ourselves with negative words of self-hate, the enemies outside are able to hurt us even more.

When we've accepted ourselves and learned to love the person we are, those words don't carry the same sting that they do if we *believe* they're true.

“I’d rather be able
to face myself in
the bathroom mirror
than be rich and famous.”

ANI DIFRANCO

*“Accept yourself as you are.
Otherwise you will never see opportunity.
You will not feel free to move toward it;
you will feel you are not deserving.”*

MAXWELL MALTZ

Hating oneself is dooming oneself to a life of bondage.

When a person hates the way she looks, the feeling is a constant companion. It affects every thought we have, every move we make. It burdens us down as if there were a huge backpack on our shoulders.

“When you feel good
about yourself,
others will feel good
about you, too.”

JAKE STEINFELD

*“It is of practical value to learn to like yourself.
Since you must spend so much time with yourself
you might as well get some satisfaction
out of the relationship.”*

NORMAN VINCENT PEALE

I’ll never forget the joy of learning to like myself. After 23 years of dieting, I decided that I would stop my self-destructive dieting habits and eat as healthily as possible, exercise moderately when I had time or was so inclined, and learn to love the “me” that developed.

No, it wasn’t an overnight success. But gradually, I was able to look into the mirror and see my good points. And gradually, I learned to like what I saw in the mirror.

I liked me!

“Dance
as though
no one
is watching you.

Love
as though you
have never been
hurt before.

Sing
as though
no one
can hear you.

Live
as though
heaven is on earth.”

SOUZA

STEP FORWARD

*I will look for 10 positive things about myself—
and remember them every day.*

Example:

I have pretty eyes.

(Feel free to use this as one of your own.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



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SELF-HELP / Personal Growth / Happiness

PRICE: \$14.95

Pat Ballard, the Queen of Rubenesque Romances, shares the Steps she created—and used—to heal the damage of years of dieting.

"I have been a fan of Pat Ballard's writing, and her vision, for years. If you haven't learned to cherish your life's vehicle—your body—this beautiful little book will make a big beautiful difference. If you already know what is truly important, this book will re-arm you for the sometimes daunting task of living fully at any size."

Janey Milstead
Writer/Editor &
past Editor-in-Chief of *BBW*

"With her wit and wisdom, Pat shares the secrets to eliminating self-loathing. This effervescent book lifts a woman's spirits and toasts life as it should be lived!"

Bunkie Lynn
author of
*The Big Girl's
Guide to Life*



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