

Available from Pearlsong Press & the Queen of Rubenesque Romances

As a young woman Pat Ballard almost died trying to starve her body into a societally approved size. In her first nonfiction book she shares the steps she created—and used—to heal the damage of years of dieting.

Join her in celebrating size diversity, body esteem, and health at every size.

"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*



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

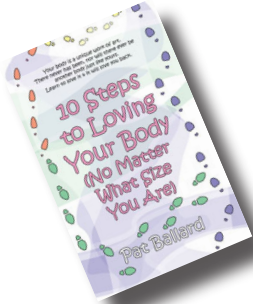
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author of **10 Steps to
Loving Your Body**

(No Matter What
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PAT BALLARD LIVES AND WRITES in Nashville, TN. She is the author of seven books of romantic fiction with big beautiful heroines, and is known as the Queen of Rubenesque Romances.

Pat was an active, plump and healthy child, the oldest of six children on a farm between Quitman and Meridian, MS in the 1950s and '60s. She and her siblings perfectly exemplified the roll of genetic dice in terms of body size: Pat and one brother were short and fat, another brother and sister were tall and thin, and a third brother-sister set were average sized. All ate the same foods, worked hard and played hard in the days before computer games and 24-hour television programming, and accepted their bodies as their natural birthrights.

That is, until Pat discovered height/weight charts when she was 11, followed by fashion and beauty magazines that promoted slimness as the feminine ideal. Both discoveries contributed to a belief that her chubby body was not acceptable as it was. She embarked on a long road of dieting and eating disorders.

By her late teens Pat had so damaged her health by starving herself, purging, and other bulimic behaviors that she was suicidal and on the verge of anorexia. With the help of her loving parents she regained her health to some degree, but kept on dieting and trying to shape her body to fit others' ideals. It was only when her son, Eric, was three years old that Pat went on her last diet. (After moving to East Texas in her 20s, Pat had met and married Joe Ballard. They eventually moved to Nashville so Joe could pursue his singing/songwriting career.)

Pat decided to stop trying to lose weight or to keep her body at a specific size. Instead she would eat as "normally" as she could, exercise when she had time, and what she wound up weighing would just be who she was. She also made up her mind to learn to love her body, take care of it, and be proud of it.

A revelation followed. She realized that when she loved and respected herself, others responded to her in the same manner.

Years later, she found her calling as a writer of romantic fiction featuring plus size heroines. In her books and short stories the heroine either loves herself and her body from the beginning or learns to do so before the book is over. She doesn't describe her heroines as any specific size or weight because she wants all women with bodies they or society considers "too big" to be able to identify with them.



FOR IMMEDIATE RELEASE

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***Queen of Rubenesque Romances gives body image
the royal treatment***

Romance novelist shares the secrets to loving the body you have.

NASHVILLE, TN—When Pat Ballard fought her way back to emotional health after chronic dieting and eating disorders almost killed her, there were few resources to help fat women live well in the bodies biology had dealt them. So she created one.

Thirty years later, that resource has become a book. Her eighth.

In the period since Ballard crafted her “10 Steps to Loving Your Body” (originally called “The 10 Commandments of Self-Love”) she has more than won the battle of self (and size) esteem. Ballard celebrates her curves and follows the weight-neutral practices of Health At Every Size. She has also written six romance novels and a collection of short stories featuring “big beautiful heroines” to help women see themselves as worthy of love at any size. After she embarked on her writing career, Ballard’s husband of 34 years dubbed her the Queen of Rubenesque Romances. She proudly wears the crown.

And Ballard’s personal self-help tool? Expanded into *10 Steps to Loving Your Body (No Matter What Size You Are)*, it has been released by Pearlson Press (publisher of the Nashville resident’s seven other books) as an original trade paperback in June.

“Your body is a unique work of art,” Ballard wants all women (and men) to know. “There never has been, nor will there ever be another body just like yours. Learn to love it and it will love you back.”

10 Steps to Loving Your Body (No Matter What Size You Are) can be purchased from online and offline bookstores as well as directly from the publisher at www.pearlsong.com.

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