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Media Contact: Peggy Elam, Ph.D. (615) 356-5188 • peggyelam@pearlsong.com
Pat Ballard (615) 426-3327 • patballard@bellsouth.net

***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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P.O. BOX 58065 • NASHVILLE, TN 37205
VOICE: 615-356-5188 • TOLLFREE: 866-4-A-PEARL • FAX: 615-352-4222
WWW.PEARLSONG.COM • BLOG: WWW.PEARLSONGPRESS.COM
EMAIL: CONTACT@PEARLSONG.COM