

“Amy is such a magnificent soul. Speaking with her is like being on a hot air balloon, floating over the entire planet.” — SARK, bestselling author and artist of *Glad No Matter What*

Dear Editor,

“You don’t deserve it.” “Who do you think you are?” “You’re too old, not pretty enough, barely talented...”

Recognize that voice? It’s the voice of the Inner Critic. It’s negative. It’s catty. It’s judgmental. It compares your worst to everyone else’s best. In your critic’s eyes, you lose every time. It spews cruel words at you and makes you feel like you’re in 7th grade again — and NOT in the popular group. Your critic’s favorite thing to do is to make you feel small, inadequate, and unworthy. It’s always finding evidence to prove its theory: *You are not enough.*

Wake-Up Call coach and workshop leader Amy Ahlers has important news for women in ***Big Fat Lies Women Tell Themselves: Ditch Your Inner Critic and Wake Up Your Inner Superstar*** (New World Library, October 19, 2011). She says, “Your Inner Critic is a liar!”

Ahlers wants women to know that they aren’t alone and that the Inner Critic or the Inner Mean Girl, as she calls her, impacts people from every conceivable walk of life. “Women are really hard on themselves, despite their external circumstances,” she writes. “When we see powerhouses like the bestselling author of *Eat, Pray, Love* Elizabeth Gilbert worrying about the kinds of books she’s written, or Oprah admitting to the world that her focus on her weight has robbed her of joy, we realize that the Inner Mean Girl and her Big Fat Lies are epidemic among even the most successful women.”

In ***Big Fat Lies Women Tell Themselves***, Ahlers walks women step-by-step through the process of confronting the debilitating lies of the Inner Mean Girl, disempowering her meanness and replacing her lies with inspiring truths. “I’ve got some great news for you: as loud and nasty as the voice of those Big Fat Lies and your Inner Critic can be, there is another voice inside you that is even more powerful. Take a moment right now and tune into your Inner Wisdom. Close your eyes, take a deep breath, and invite her in. Feel her deep inside you, beckoning you to wake up to your magnificence.”

Big Fat Lies Women Tell Themselves examines 59 common esteem-busting lies. Ahlers rebuts each one with a Truth, a Challenge, an Affirmation, and an Inspiring Quotation designed to connect women with their Inner Superstar. “When you fully wake up to your Inner Superstar, you are lit up from the inside out. You make heads turn as you walk into a room because you are so deeply and fully being YOU. You are in the flow. You become magnetic to everything that your heart desires because you are like a beacon for happiness, love, and success.”

Please consider doing a review, mention, feature, or excerpt from this groundbreaking book for women. I’d also be happy to schedule a time for you to interview Amy Ahlers if that is of interest. You can contact me at 415-884-2100 x-18 or kim@newworldlibrary.com.

Onward and upward!

Kim Corbin
Senior Publicist