



Real Talk Real Women: 100 Life Lessons From The Most Inspirational Women in Health & Fitness

Miriam Khalladi

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With a foreword by New York Times Best Selling Author Tosca Reno! In Real Talk Real Women, 105 of the leading women in the health and fitness industry each share their most valuable life lessons around loving yourself, never giving up, achieving success, finding balance and making a difference in the world. *“What Miriam is doing is more than just creating a book. She is starting a movement. Women today struggle with so many issues when it comes to self-esteem, success, motivation, balance, etc. If more women teamed up like this to inspire and support one another, it could yield some truly powerful changes in society.”* - Bianca Lupo *“What an innovative thought, to look at female athletes as whole people - and go beyond the sound bytes and feel good personal interest features to look into their lives and lessons learned.”* - Dr. AnnMaria De Mars *“Miriam is in the process of helping spread the word of love, health and fitness with the help of top athletes and speakers in the industry!! What a woman to make this all happen!! Never let your fears deter you from achieving success!”* - Rita Catolino Early 2013, Miriam Khalladi set out to learn from and share the stories and life changing lessons of some of the most renowned experts and thought leaders in the field of health and fitness. She felt it was time for some real talk that went beyond nutrition or training advice, time to look beyond their beauty and reveal the true stories behind these women. After getting up, close and personal with well over 100 women and learning their most valuable lessons around self-love, never giving up, achieving success, finding balance and making a difference in the world - it became evidently clear that the glamorous magazine cover shots are just a fraction of their stories. As you read through the 100 chapters in Real Talk Real Women, you'll get to know some of the most amazing women that walk the face of the earth. They open up their hearts and share their personal stories, revealing what they've learned from overcoming the sudden loss of loved ones, drug and alcohol addiction, eating disorders, sexual abuse, domestic violence, rape, epilepsy, cancer and many other tremendous obstacles in life. Through it all, they learned to love themselves, never give up and achieve success in their own way. They found balance in their lives and are now dedicating themselves to making a difference in the world. The lessons they share in this book have changed their lives, and they can change yours. -- Miriam Khalladi is the founder of Real Talk Real Women, a global platform dedicated to inspiring women to live healthier, happier lives. Visit www.realtalkrealwomen.net to learn more.

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