



I DREAMT I WAS A SUPERMODEL

Have you ever thought of getting a face-lift, having liposuction, chopping half a thigh off, or enlarging your breasts? Anything just to make yourself look gorgeous! Have you ever felt pressure to wear a particular brand of clothing, or to be a part of the 'celery stick club'? Have you ever felt swamped with pressure from the media and friends to wear a certain look just to fit in!

A recent study showed that body image is the major concern of Australian young people. In an age of media madness and celebrities, young girls are being programmed to be dissatisfied with their bodies and appearance. Succumbing to increasing pressure to conform to unrealistic body image, more and more young girls are turning to plastic surgery procedures and crash dieting to fit the mould.

As each generation passes, concerns regarding body image are affecting younger and younger girls. Today, girls as young as 10 years are crash dieting to fight weight concerns. Now more than ever young girls need to know that they are beautiful as they are.

'I Dreamt I Was A Supermodel' is a book that defines real beauty, giving keys to unlock the purpose and dreams of every young girl. The author, Jane Geyer exposes the myths of unrealistic body image and sets girls on a path to building a confident, happier and better self. This book will help them discover their inner beauty, be empowered to radically change how they think and feel about themselves.

This workbook style manual takes readers through simple and easy steps to transform their thinking. Exposing body image and self esteem topics in the five chapters titled The Perfect Body, Love What You've Got!, Me...The Beautiful Girl!, Who Am I?, and Destiny.

Jane Geyer is a passionate, dynamic and relevant communicator. Jane has over 10 years experience in motivational speaking, schools-based self-help programs, leadership training, and strategic youth programming consultations. Jane has applied this vast experience to create a tool that will see young girls discover their unlimited potential, talents and abilities.

I dreamt I was a supermodel is available at
www.idreamtiwasasupermodel.com

"Jane has put together a fantastic book that helps define real beauty and the issues facing a lot of young girls. Jane's words of wisdom and practical advice will inspire every young girl to embrace who they are by discovering their inner beauty, developing their self confidence, personality and character."

Leisel Jones - Australian Olympic Swimmer

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