



# **Eat, Get Movin' and Rock that Little Black Dress: A modern girl's guide to realism, common sense and moderation**

*Jaclyn Brottman*

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About the book:

In the busy, fast paced reality that we live in, how's a girl supposed to get a handle on leading a healthy lifestyle with a calendar full of dinner dates? When is there time to exercise when you work all day and your only chance to relax is in front of the TV before you go to sleep? Why does it have to be such a struggle to juggle the demands of our lives at the expense of our own well-being? Newsflash! It does not have to be. Eat, Get Movin' and Rock that Little Black Dress will show you how.

Change is not easy when we are accustomed to routines but implementing a variety of healthy modifications can help transform you. This “tell it like it is,” witty, light read dishes realistic advice fueled by common sense that is practical for the no nonsense, modern girl that you are. Opt for organic when it's an option? No problem. Salad dressing on the side? Done deal. Stop eating cheesecake? That's blasphemy! Take a couple extra laps around the mall to find that little black dress? Now you're talking!

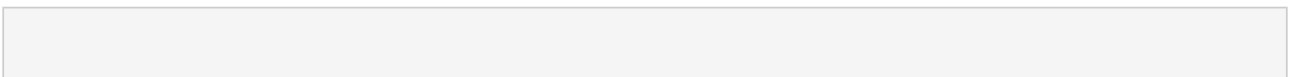
Excerpt from the book:

I am not a dietician, nor am I a nutritionist, a doctor or anything else related. I also don't work for the Food and Drug Administration, the Department of Agriculture or any other similar association. But as you will read over and over in this book, I have common sense despite what my husband would tell you. All things considered, when I am on the elliptical machine at the gym my rear looks pretty, freakin' good in the mirror so I must be doing something right! Granted my neck hurts from straining to watch my derriere in action but that is a whole other story.

You are what you eat. How much thought do you put into your diet and what goes down the hatch? Should you read labels? Absolutely! Should so swear by them? No way! Why? Because that is not realistic, that's why. Should you never go out to eat? Of course not! You should actually, and often! When you are through with this book, doll yourself up and put on that little, black dress. Rock it! Throw on those heels. Enjoy a date night with your significant other especially if you are not the one paying. It helps keep the connection strong. And better yet, why not enjoy a night out with the girls even more. It's important to allow yourself some time to decompress from life's stresses. What's better than a bitchfest over a pitcher of freshly made sangria? Everyone loves a floating piece of fruit to stab amongst good company.

About the author:

Jaclyn Brottman holds a Master's Degree in Clinical Art Therapy and is certified as a Wellness Practitioner and a Professional in Human Resources. She has carefully blended her diverse background to focus on nourishing the body, mind and soul both in her private life and professional life. At home, well-being, and a holistic approach towards a healthy lifestyle is a way of life for her family. In the workplace, she engages in wellness research, implementation, education and strives to create positive opportunities and initiatives. Amongst plans to continue writing, she currently is focusing her attention on training to be a Yoga Instructor and Life Coach.



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#### **John Enriquez:**

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