



Nicole Black  
author, speaker, advocate

## NICOLE BLACK AUTHOR, SPEAKER, ADVOCATE

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Nicole is a **practical influencer** – she has lived the help she offers. Help, born from a ‘hands-on, whole-body’ background as bodyworker, Pilates teacher, Certified Rolfer™, and survivor of body image/eating disorders and their causes. She is an advocate of ‘holistic transformation’, where a person’s wellbeing comes through the integration of mind, spirit and body; creating change that starts on the inside and flourishes outward. Her work has not only led to great change in her own life, but in others’ lives too.

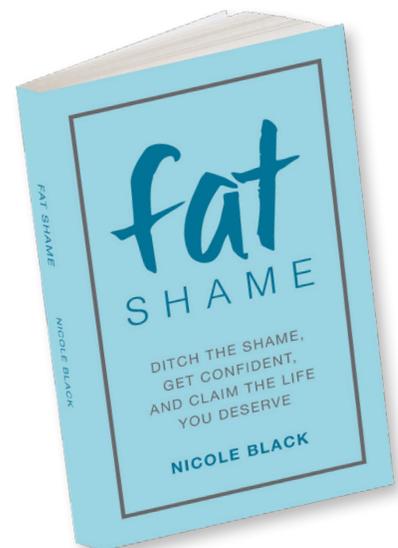
### WHY THIS BOOK? WHY NOW?

Nicole Black will offer her readers inspirational ‘qualified hope’. Her book is part Journal, part Handbook, and sets out to give her readers the confidence to take the steps needed to break free from cycles of food addiction and negative body image ...toward the more powerful and joyful position of ‘Whole Beauty’.

The term Whole Beauty is how Nicole explains the ultimate state of all that we are as unique beings; a place that brings with it true ‘centered’ happiness.

### THEMES AND HOOKS

- 1 Whole Beauty is what everyone should aim for. It is unique, perfect and above all, sustainable long term.
- 2 We too easily forget that the most important ‘you’ can’t be seen in a mirror.
- 3 The 5 most common Triggers that contribute to Shame and Food Addiction. And what they have in common.
- 4 How I learned to recognize old patterns and stop doing them.
- 5 It took surgery to make me realize I still hadn’t healed the part of me that hurt most.
- 6 A Certified Rolfer™ with 18 years of bodywork and Pilates teaching experience helps people integrate their whole selves to find a new way to live more freely in their bodies.



“It’s time we all believed that the most important ‘you’ can’t be seen in a mirror.”

Nicole Black