



Love Your Body... Embrace Your Life!

Susan Sommers, Theresa Dugwell

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Susan Sommers and Theresa Dugwell are co-authors of the successful book *Power Source for Women: Proven Fitness Strategies, Tools, and Success Stories for Women 45+* (BPS Books 2010). In *Love Your Body... Embrace Your Life!* they expand their commitment to health, fitness, and spirituality for women at all ages and stages of life. Using evidence-based research, five outstanding experts from the University of Toronto, The Art of Living Foundation, and Ladylean have contributed new self-assessment tools, templates, and exercises for stress reduction, meditation and mindfulness, self-compassion, and nutrition. Sommers and Dugwell have also created new questionnaires, action plans, and journals to motivate and inspire women to succeed.

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