

# FOR IMMEDIATE RELEASE

## **America's Stripper Culture Named in Trailer for Memoir: From Sex Appeal to Self Appeal**

September 23, 2014. Modesto, CA - *The Book Trailer for the bold memoir by author, Susan Bremer O'Neill, From Sex Appeal to Self Appeal: One Woman's Journey to Recover Her Body, Her Sexuality, Her Self names America's obsession with strippers and asks the questions, "What do women find when they become exotic dancers?" and "Why do they stay in the profession?"*

*These questions are answered in From Sex Appeal to Self Appeal as the author turns the magnifying lens on herself when, as a thirty-five year old sober scientist, she uses herself as a case study to address the epidemic of disconnect women feel from their bodies.*

*Watch the Trailer at [http://youtu.be/RMRD\\_OT\\_Oqc](http://youtu.be/RMRD_OT_Oqc)*

*A captivating, quick-moving book trailer and a powerful, compelling, and liberating memoir for all women, Susan's written the book and made the trailer because she says, "Women are beheading themselves every time they have one night stands, every time they drink too much, every time they focus on how they look instead of how they feel, every time they use drugs."*

*Chrystal Mahan at Self-Employed Writer reviews: "From Sex Appeal to Self Appeal is more than just a personal memoir. It's an awakening. It's self-help, even if not realized at first.... Susan was so descriptive and brutally honest about her life. Often I'll read true stories where the author will sugar coat or leave out important facts. I know many of them do this for fear of being judged or perhaps they are too afraid to put it all out there. Susan's not. Her words are tough and often thought provoking as you are left wondering what you would do if you were in her shoes. There's no judgement, but often, wonder."*

*Excerpt from Book:*

**"I want to run, to breathe fresh air. I want to shower. I can smell his skin and I want to wretch. I'm still fearful. He could force me. But I too am angry; that he's so rich, that he acted so nice, that he showed me pictures of his kids, that he kept on and kept on, that I'm so broke."**

*One amazon reviewer states, "Susan's struggles as a beautiful woman trying to find herself are, in many ways, every woman's struggle. The illusions we're all sold - that celebrity and success, being thin enough or sexy enough or finding the perfect man will make us whole and happy are just that, illusions."*

*From Sex Appeal to Self Appeal: One Woman's Journey to Recover Her Body, Her Sexuality Her self can be purchased online at: Amazon, Barnes & Noble, Ibooks, and Outskirts Press.*

For more information or to contact the author, visit [www.outskirtspress.com/fromsexappealtoselfappeal](http://www.outskirtspress.com/fromsexappealtoselfappeal), [www.SelfAppeal.com](http://www.SelfAppeal.com), or [susan@selfappeal.com](mailto:susan@selfappeal.com).

**About the author:**

Susan Bremer O'Neill currently lives in Modesto, California, with her husband and family of three cats and two dogs. She is a professional speaker and self-relationship coach whose woman-empowering DVD, *Striptease for Real Women*, and global programs have helped women and girls throughout the world love their body, speak their truth and improve their relationships. Readers can learn more about Self Appeal®, find out how to work with Susan, or contact her to speak to their group at [www.SelfAppeal.com](http://www.SelfAppeal.com).

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