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**FORMER LIVERMORE LAB SCIENTIST, EXOTIC DANCER AND NOW
AUTHOR AND COACH SUSAN BREMER O'NEILL PRESENTS
A SELF APPEAL WORKSHOP IN LIVERMORE AND MANTECA**

**"RELATIONSHIP BUILDING BLOCKS FOR SMART SAVVY WOMEN"
ON SATURDAY, MAY 3, 2014 AND MAY 17, 2014**

(Modesto, CA) – Susan Bremer O'Neill, former Livermore Lab contract laser technician who helped build and conduct experiments on the Nova Laser system for nine years, whose life has also included time as an exotic dancer, book author and coach, will present a day-long workshop entitled "Relationship Building Blocks for Smart Savvy Women," beginning at 9 am on Saturday, May 3 in Livermore at The Clubhouse at Las Positas Golf Course, 917 Clubhouse Drive; and starting at 8 am on Saturday, May 17 at Chez Shari, 305 N. Union Road, in Manteca.

The special event, designed exclusively for women, will address the epidemic of "disconnect" women feel from their bodies and will examine how this disconnection affects one's relationships. The workshop is structured to help women grow in confidence and courage. Participants will learn how to ask for what they want in a way in which they are heard in their relationships. They will also learn to tap into their own passion creatively and be able to eliminate the inner criticism that negates relationship success.

A resident of the San Francisco Bay Area and Central Valley for almost 30 years, Susan Bremer O'Neill has developed her "Self Appeal" philosophy after decades of experience, observation and research. Professionally, she facilitates a monthly program in the Central Valley entitled the "Powerful Poised Women's Gathering." Her individual coaching and "Body Confidence and Relationship Success" events help women discover their authentic selves and often a courageous, confident inner diva by eliminating their private, internal critic.

Susan is the author of "From Sex Appeal to Self Appeal: One Woman's Journey to Recover Her Body, Her Sexuality, Her Self" which poses the question, "What happens when a middle-aged scientist get sober, becomes a stripper at 35 and turns the microscope on herself?" Answer, "She writes a memoir and helps other women by sharing her compelling journey and by becoming a positive, affirming and happily married woman."

Susan's Self Appeal philosophy was born of those past years spent exploring and building a relationship with herself because, as she puts it, "I looked good on paper. I looked capable. I was brain smart although I wasn't body smart, so I had to learn how to take better care of my body and become my own best friend."

A fixture in the San Francisco Bay Area women's empowerment field from the first day she gave a "Strip for Your Lover" class, Susan has also taught numerous classes for the Learning Annex and Good Vibrations. Susan's programs and her book "From Sex Appeal to Self Appeal" offer ways for women to feel beautiful, confident and growing in personal courage and self esteem.

To enroll in either the May 3 or May 17 "Relationship Building Blocks" workshop in Livermore or Manteca, visit www.selfappeal.com/relationship-building-blocks/

For more information call Self Appeal at (209-765-4324) or contact susan@selfappeal.com. Visit the website at www.selfappeal.com. Self Appeal is a registered trademark of Susan Bremer O'Neill.

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