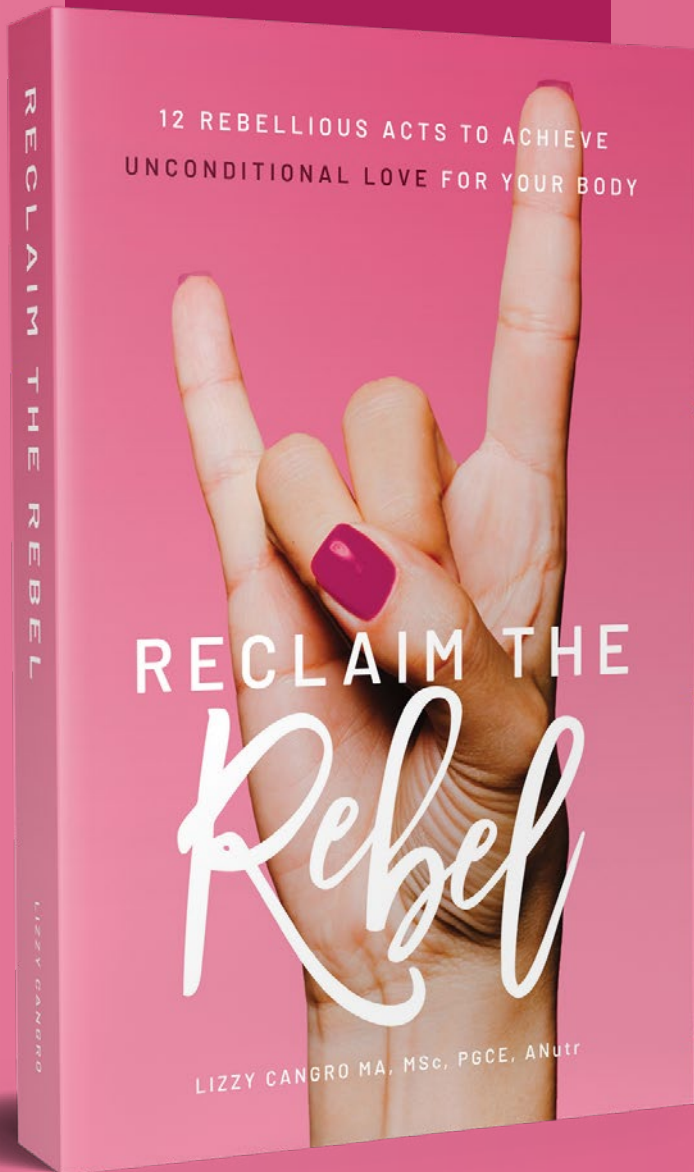


# MEDIA KIT



Expert nutritionist and wellness coach Lizzy Cangro shares the powerful Rebellious Acts that will transform the way you see yourself and your body. With this empowering guide of game-changing self-love tools and inspiring personal journeys of other women like you, it's time to unleash your personal power and achieve a life of healthy, unconditional love for your body.

## TITLE

# RECLAIM THE *Rebel*

12 REBELLIOUS ACTS TO  
ACHIEVE UNCONDITIONAL  
LOVE FOR YOUR BODY

## AUTHOR

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## TOPICS COVERED INCLUDE



WOMEN'S  
HEALTH



BODY IMAGE



SELF-LOVE



MENTAL  
WELLNESS

## EARLY REVIEWS

"If you're sick and tired of trying to live up to a proposed level of perfection, then read this book. Reclaim the Rebel is a brilliant read and will empower you with confidence to accept yourself as you are and make positive changes in a meaningful way. It's time for us all to let the rebel inside out and believe in the strength of our own body's."

-SUSAN HAY, CEO  
AND FOUNDER OF  
THRIVE MAGAZINE

"This book is a wonderfully engaging, relevant, and interactive resource as it identifies key components to unconditional self-love—and the personal freedom that comes with it. The author lays out clear steps, tools, and personal examples that make you feel like she's sitting beside you every step of the way."

-DR. DEANNA  
GUERREIRO,  
CLINICAL  
PSYCHOLOGIST

# ABOUT THE BOOK

**Title:** Reclaim the Rebel: 12 Rebellious Acts to Achieve Unconditional Love for Your Body

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If you're like most women, you probably think another weight loss program or an extra mile on the treadmill will get you closer the body you want. But all that work won't get you anywhere if you can't shut up your inner mean girl.

She knocks you down with negative stories, distorted body image, and anxiety about food and fitness. When she's in charge, you're living in an abusive relationship with your body.

It's time to reclaim unconditional love for yourself and silence that mean girl for good.

Expert nutritionist and wellness coach Lizzy Cangro shares the powerful Rebellious Acts that will transform the way you see yourself and your body. With this empowering guide of game-changing self-love tools and inspiring personal journeys of other women like you, it's time to unleash your personal power and achieve a life of healthy, unconditional love for your body.

You'll discover:

12 Rebellious Acts (RAs) to find self-love through nutrition, movement, and mindset.

Why that diet, exercise program, or supplement is costing you more than you think.

How to use your love language to communicate compassion to yourself and your body.

A sustainable approach to food and exercise through intuitive nourishment and movement that makes you happy.

Exercises and journal pages to help you practice each RA daily and revolutionise your thinking.

Creative parenting advice to handle discipline, difficult topics, tantrums, chores, and more.

It's not easy to love yourself when your body's a battleground – but inner peace is possible. Get Reclaim the Rebel and start loving yourself like the bold, rule-breaking rebel you are!

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# ABOUT THE AUTHOR

Lizzy Cangro is an expert nutritionist and wellness coach with a deep passion for helping others finally feel good about themselves and love their body unconditionally. Inspired by her own journey to wellness, she founded Nutrition by Lizzy in 2017, to help clients rebel against the diet industry and achieve sustainable long-term health and wellness using a combination of nutrition, movement and mindset.

An international health authority, Lizzy is a licensed member of the Association for Nutrition, certified teacher and fitness instructor. Her research-guided articles on healthy eating have been featured by companies, blogs and magazines such as Top Sante, Swiss Me, and PhD Nutrition.

Holding an MA in Natural Sciences from the University of Cambridge and an MSc in Nutrition from King's College London, Lizzy pairs a scientific approach with empathetic understanding to help her clients overcome their destructive thoughts and behaviors towards their body.

As a teenager, naivety combined with bad advice from non-experts resulted in an eating disorder that lasted ten years. After much inner work and study, she achieved unconditional love for her body, and now uses her journey to inspire and motivate others to rebel, unleash their inner power and reclaim their own self-love.

Born in England, Lizzy now lives in Los Angeles, California. Learn more about how to work with her at [www.nutritionbylizzy.com](http://www.nutritionbylizzy.com).



## SAMPLE TOPICS

Talk to Lizzy Cangro about women's wellness, positive body image, and sustainable nutrition and exercise.

Topics include:

- 12 Empowering Acts to Reclaim Unconditional Love for Your Body – Without Diets, Supplements, or Exercise Programs
- Evict Your Inner Mean Girl: How to Rewrite Negative Self-Image Stories
- Exercise Tips to Help You Move for Pleasure, Not Punishment
- Forgive Yourself: Why Connecting with Your Inner Child is an Essential Element of Self-Love
- The Simple Strategy to Ditch Fad Diets and Trust in Your Food Choices
- Struggling with Extremes During Your Self-Love Journey? Find Your Goldilocks Zone to Stay Centered

## AUTHOR HAS BEEN FEATURED IN:

Health & Wellbeing

PhD PERFORMANCE

thrive<sup>®</sup>  
Health & Nutrition Magazine

TOP Sante

Swisse me



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# BOOK EXCERPT

## Read Before You Rebel

Rebels are not wallflowers that settle for second best.

It's Sunday night, and you're lying in bed fretting about tomorrow's to-do list. However, you can barely hear yourself think over the rumbling of your stomach. After a week of your juice cleanse, all you want is to demolish a pizza. In the blink of an eye, reality kicks you in the butt—it's now Monday morning, and you're hitting the fifth snooze button in a row and making a mad dash out of the house, skipping breakfast, and grabbing a coffee from the local store. On your way into work, you trip in your heels, spraying coffee everywhere—including all over that cute guy from accounting's white shirt. Blushing, you apologise profusely about how stupid you are and race upstairs.

Sound familiar?

Well, girl, you're not alone. So many of us have developed destructive thoughts and harmful behaviours towards our bodies, such as negative self-talk, being constantly on the go, and cycling through fad diets. This is costing us our mental and physical health, damaging our relationships, and robbing us of our money, time, and energy.

But wait! What if it didn't have to be like that?

Imagine: what would it be like



having unconditional love for your body?

You probably spent a nanosecond thinking about that question, didn't you? It's time to sit back down. Do not pass go, and do not collect \$200 until you have parked your butt and really thought about it. The fact that you are here shows you want to reclaim unconditional love for your body. If this is really the case, you will make time for this one question:

What does unconditional love for your body look like to you? Go on—be rebellious and dream into this.

I want you to be bold and leave any limitations at the door. Rebels are not wallflowers that settle for sec-

ond best. The problem comes when we try to be 'realistic'. For example: 'I know I'm not meant to be a runner, so I'll settle for doing a 5k next year at a slow jog'. Or, 'I am beyond busy running my business, so I'll settle for five hours of sleep'. No, No, NO! Settling is not okay. Yes, approach your health and wellness in a sustainable manner, but this doesn't mean setting limitations for yourself.

When it comes to your goals for your health and wellness, there really are no limits. Your vision may be that 'I'll have a spa day every week where I take time for myself and my body'. Or, 'I will be confident on camera and do daily live videos for my business'. I know this is hefty for a lot of women, but I want you to start thinking from a place of possibility, not resignation.

Despite chronically abusing it from a young age, I learnt how to love my body unconditionally. As a 14-year-old, I was severely underweight at 86 pounds, had a pulse of 30 bpm, and was told I was going to die of a heart attack. I am now an internationally established nutritionist who helps other women love themselves. In this book, I share my most vulnerable experiences with you with the hope of inspiring you to make radical changes in your life for the better.

Anything is possible given the right tools, which you'll acquire in the 12 chapters of this book. These tools take the form of 12

rebellious acts ('RAs') that have transformed my own health and wellness, as well as those of my clients. Following these rebellious acts will lead you to inner peace, joy, and freedom, as well as teach you how to become the version of you whom you've always wanted to be—the woman who loves her body unconditionally.

Are you ready to have some fun as you outrageously craft your dream life without rules?

It's time to rebel.

#### RA 1: Live Your Life Backwards

Would you continue with the limiting belief of 'I am not enough' if you fully accepted that it robs you of what you want?

What keeps so many of us stuck in life is the feeling that if we only had something, we would then be happy, beautiful, or whatever. When in fact, the key to getting what we want in life is embodying the character traits of the version of ourselves who already has what we want. You need to prioritise the type of person you are before you can obtain your goals. This is living your life backwards.

#### The Illusion

After graduating with an MSc in nutrition from King's College London, I became an accredited nutritionist with the Association for Nutrition and set up my own private practice. I specialise in helping clients achieve sustainable long-term health and well-

ness using a combination of nutrition and exercise, which has seen me work with groups and individuals in both the U.K. and U.S.

Some common goals I hear in my nutrition practice include 'I want to lose 10 pounds', 'I want a flat stomach', and 'I want better skin'. When I ask my clients why they have these goals, I often hear the following: 'I want to feel better', 'I want to look good', and 'I want to have more energy'.

If we were to dig deeper, these reasons stem from the core belief that 'I am not enough. When I achieve my goal, I will be enough'. A lot of us have some version of this belief.

I blame marketing and consumerism for this.

Think about it. Companies persuade us to buy into their brand by convincing us that we are lacking something, and guess what—they can provide that something through their product! Thank goodness!

In buying into this illusion, we trade away our money, power, and inner peace. Worse, it perpetuates the limiting belief that 'I am not enough', and we therefore need to have something else to be happy and fulfilled.

By holding on to this limiting belief, what we are really saying is that we don't love ourselves. This way of thinking often culminates in multiple failed attempts at long-term health and wellness

goals, frustration, and ultimately, the feeling of being stuck in the same place with the same lack of results.

Would you continue with the limiting belief of 'I am not enough' if you fully accepted that it robs you of what you want?

You're probably now thinking, 'No, Lizzy, of course not!' But so many of us are aware of and are holding on to this belief.

Our limiting belief of 'not enough' tends to come with a secondary benefit. It may not seem obvious. After all, why would we want to feel 'not enough'? However, this hidden reward is super powerful at keeping us in the same patterns. For example, if I believe I am not a good enough nutritionist, I don't take risks to expand my business or help more people. I therefore avoid having to be vulnerable, I don't have to spend time and money on projects, and life stays predictable (read: safe).

When you are aware of this limiting belief but still attach to it, what you're really saying is that it's more important for you to keep your attachment to not feeling enough and playing things safe than it is for you to achieve your health and wellness goals. Again, you are not practicing self-love.

Now, I'll ask again: how much of this limiting belief are you willing to let go of?