



Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges
by Theresa Rose

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Opening the Kimono is a diary, tell-all, rant, confession and healing guide all rolled into one.

Theresa Rose is Everywoman. She has loathed her body since childhood, screwed-up countless relationships, climbed and subsequently swan-dived off the corporate ladder, walked the high wire of modern parenthood, and struggled to find some semblance of peace amid life's dramas and traumas. Instead of burying or ignoring the deep, dark uglies of her past, Theresa bravely and unflinchingly shares her most poignant experiences and the juicy lessons contained within them. Through her collection of inspirational personal essays, Theresa helps readers become aware of their choices, connect to a force greater than themselves, and above all, recognize the many gifts underneath their gunk. *Opening the Kimono* is a humorous, heartfelt wake up call that illustrates the joy and sacredness of the human experience – pimples and all.

Royal Palm Literary Award Winner (*Florida Writers Association*)
Living Now Book Award Winner (*Independent Publisher*)
5-Star Review (*Midwest Book Review*)

“This book is hard, if not impossible to put down. It’s like having a conversation with your best friend.” – **Gayle Guyardo**, *NBC 8 Tampa*

“I bawled my eyes out. I laughed my ass off. I nodded a million times. I said ‘Thank you’ out loud without even realizing it. I needed this book.” – **Abby Weingarten**, *Sarasota Herald-Tribune*

“Witty and wisecracking, Theresa Rose is blissfully imperfect and doesn’t care who knows it! The groovy girl’s guide for living a savvy, sexy and spiritual life.” – **Diane Saarinen**, *NewAgeJournal.com*

Theresa Rose is an award-winning author and motivational speaker whose mission is to educate, entertain, and inspire people to heal themselves and become aware of their unlimited power. For more information, visit www.TheresaRose.net or call 941.755.4600.

