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**FOR IMMEDIATE RELEASE**

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*Is There Such a Thing As a Picture-Perfect Life?*

How is it that some women have fabulous figures, manage successful careers, take romantic getaways with their gorgeous husbands, head the PTA, and always have that blinding smile on their pimple-free, wrinkle-free faces? If you aren't one of these rare freaks of nature, don't feel bad. No one is without flaws, regardless of how it looks to observers – we all have a hidden side to us. We strive to accept these insecurities, we try to be happy, but we just can't get there. We feel vulnerable and alone; yet we are never alone in feeling this way.

Theresa Rose's new book, "Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges" is a diary, a tell-all and a healing guide all rolled into one. Theresa 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 peace amid life's dramas. Through her inspirational personal essays, she helps readers become aware of their choices, connect to a force greater than themselves and recognize the gifts underneath their gunk!

"I exposed many of my embarrassing inner demons so other women could see that they were not 'the only ones,'" claims Rose. "Hopefully, readers will laugh a lot, shed some tears and ultimately appreciate how magnificent they truly are."

Rose is a Reiki Master, intuitive healer, motivational speaker and freelance writer who educates, entertains and inspires people to heal themselves and become aware of the unlimited power. Her professional experience includes several entrepreneurial and management positions, including owning and operating an alternative healing center, senior manager of marketing and product development for a Fortune 100 telecommunications firm and vice president of a consulting firm specializing in higher education.

*Opening the Kimono* is available now nationwide through Amazon.com or **TheresaRose.net**.

For more information, please visit TheresaRose.net, or to arrange an interview, please contact:

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