

FOR IMMEDIATE RELEASE

Time to get your life on track, New Zealand

International book tour with celebrated personalities arrives

Sigrid de Castella and Karen Scott, two of the year's most inspiring women, will be touching down in Auckland this month with their internationally published books on their "Get Inspired AND Change Your Life" tour following their success in Australia.

Sigrid de Castella

Melbourne-based author Sigrid de Castella believes she has unlocked the secret to long term weight loss and mapped the way through the mental and physical battle with her new book *Half the Woman I Was ~ How I lost 70kg naturally, reclaimed my life ... and how you can too!*

After more than 30 years of struggling with her weight, de Castella decided to reclaim her life one kilo at a time and embarked on a personal journey that saw her triumph over the mental and physical battle that is weight loss. She soon realized that there were likely to be thousands of others out there also wanting to take control.

Wanting to help ease the pain of their struggle too, de Castella penned her own honest account in the hope it would inspire others to take the journey.

de Castella explains, "I grew up an obese child in a family of athletes. Running marathons was something that most of my family did regularly - or had done. Health and fitness was something that was valued incredibly highly, particularly as my uncle was an advocate of Pritikin. As a result, I always felt out of place in my family and, as I grew older and my weight increased, I felt more alienated, like I had been dropped into someone else's family of fitness freaks.

"As if being a fat child wasn't painful enough with all the teasing and name calling from the other kids, being a fatter adult was even worse. Having a famous surname synonymous with health and fitness, I was shamed almost every day as people who were introduced to me or saw the name on my credit card asked me if I was related to the Commonwealth Games Gold medalist. After replying in the affirmative I often felt their eyes gaze me up and down and silently ask the painful question 'so why are you so fat?'.

"It was not until I was 34 years old and weighing in at more than 143kg that I hit the wall and the answer to my lifelong problem revealed itself. It was only when I was ready, and willing to see, that the fog lifted and the 'Secret' was exposed.

The solution was so fundamentally logical and technically brilliant that I couldn't believe no one had told me about it before."

Jason Smith, CEO of Australia's Back in Motion Health Group says that *Half The Woman I Was* "is about a lot more than just weight loss ~ it actually offers a new way of thinking." And so it's no wonder that Sigrid's book has been described as the most holistic weight loss book on the market which is helping hundreds of people reclaim their own health and vitality.

Karen Scott

New Zealand-based entrepreneur, author, professional motivation speaker and life coach, Karen Scott, has survived several financial, emotional and literally earth shattering disasters in her time, including the 2011 Christchurch earthquake. Despite being knocked down several times, Karen has emerged from the ashes and penned her experiences to help others in her book *Rising From the Rubble*.

One of the most devastating and potentially crippling experiences Karen has endured was the 22 February earthquake in Christchurch where she saw her café and bar crumble around and on top of her.

Scott explains, "The Christchurch earthquake was for me, and for so many others, a terrifying experience which had significant ramifications on my professional, financial and personal life. I am still wracked with fear when I remember being trapped under the rubble, and of course the physical effects lasted a while, but the emotional stuff can haunt you longer if you're not careful."

Scott has already received national media acclaim for her book. As The Marlborough Express reported "Writing a book to help people get their lives back on track after the Christchurch earthquakes has been just one of the many challenges author Karen Scott has overcome."

But Scott's book is not just for those who were touched by the devastating earthquake. *Rising From The Rubble* is filled with uplifting, motivational and inspiring stories that will soon have you taking the action you need to change your life.

She explains "My book is designed to motivate and inspire anyone who wants to achieve more from their life. It's about overcoming adversity to triumph to success." And with interviews including Oprah Winfrey, Tony Robbins and New Zealand celebrities Tod Blackadder and Mark Inglis, it's no wonder Scott's book has quickly become an international best-seller.

Scott is also a popular motivational speaker because of her ability to inspire others into action. She explains "Our life can change very quickly - it comes down to the thoughts we have, the decisions we make and the actions we take. If you have the courage to change your thinking, then you can change your world."

Sigrid de Castella and Karen Scott are touring Auckland from 7 to 9 November 2012.

For more information, tour dates and locations, please contact:

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