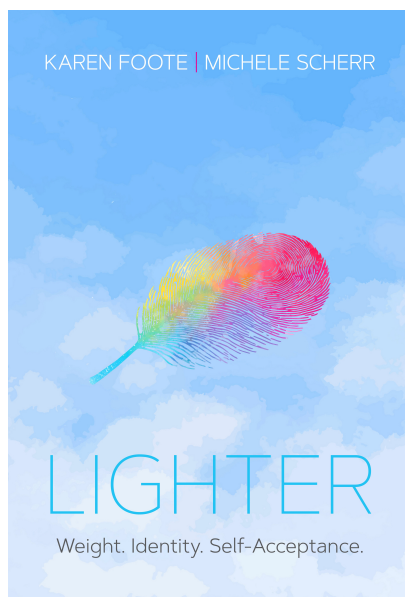


## RELEASE 2024



The dawn of rewriting what weight and identity truly mean is here.

*Lighter* is a heartfelt exploration of health and self-acceptance. It brings together two friends passionate in unchaining women (and men) from the conventional prescriptive notions of weight and self-worth. Juxtaposing their own stories and vulnerable experiences with cutting-edge knowledge on health, wellness, food, diets and psychology, it guides the reader to better connect with the science of healthy living, the study of epigenetics and the goal of embracing self-kindness and self-acceptance.

Raw, heartfelt and comprehensive, the book covers a host of complex topics in simple conversational terms, offering insights and inspiration on the interplay between physiological, emotional, and psychological health.

Ultimately, *Lighter* empowers you to find peace within the vessel in which you reside.

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## ABOUT THE AUTHORS



**KAREN FOOTE** is a Psychologist and Certified Nutrition Coach. Her passion in life is to help people find happiness and she has a great interest in parenting. She strongly believes that each and everyone has the power to make enduring change, and the life they desire. She appears as a resident parenting expert on a radio show (ONE FM 91.3) in Singapore.



**MICHELE SCHERR** is a Health and Wellbeing Coach/Registered Nurse (non-practising) who has been providing healthcare since 1990, including work in hospitals and the Royal Australian Air Force, both within Australia and overseas. She owns a business dedicated to helping busy professionals discover their unique body and mind blueprints to support them with optimal health.

## PRAISE FOR *LIGHTER*

“ I love this book! Karen and Michele have done an excellent job with complex topics, covering so much ground with so many practical insights. Take advantage of their wisdom.

**CHARLES B. KOVESS** ■ Founder, CEO and Chief Speaker, Kovess International

“ No dull health lectures – *Lighter* flips the script on well-being, a healthy relationship with food, grounded on self-identity bringing in a holistic vibe. It isn't just a read, it's your ticket to a lighter, livelier life!

**RACHEL OOI** ■ Author of #1 Bestseller #unshaken ■ Founder of Antioch Streams

“ *Lighter* enables the reader to better connect with the science of healthy living and the study of epigenetics. It is about improving your relationship with food whilst incorporating self-care.

**LAURICE TEMPLE** ■ Creator of Ripple Affect Institute ■ Member of the Wellbeing Lab