

LOCAL DOCTOR RELEASES BOOK ON SELF-ESTEEM FOR BETTER PHYSICAL HEALTH

For Immediate Release

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Look at me, I'm so fat.

My face just isn't right.

Everything I do just isn't enough – I'm just not enough.

If you are not a woman who has uttered these words to yourself in the mirror, then you certainly know a woman who has.

Dr. Leonetti created the book *Hardwired for Love: Nurturing Yourself to Vibrant Health* in order to extend herself to women beyond her medical practice. Her belief in self-esteem being essential for good physical health is not only a journey she implores her readers to take, but also a journey that she has taken herself.

Dr. Leonetti has experienced her own personal trauma, yet now lives and works in a state of healthy peace, acceptance, and gratitude. That transformation is the core of her book *Hardwired for Love*. Her story, and the teaching of wisdom gained throughout her journey, reflects a guided path to wholeness and health that all women can take to heart.

Dr. Sherrill Sellman, author of What Women MUST Know book series and Senior Editor of *totalhealth* magazine, has this to say about Dr Leonetti:

“Dr. Leonetti is every woman’s dream gynecologist...respectful, compassionate, competent in both traditional and complementary medical approaches, honest and very human. Her book shares wisdom gained over her personal and professional lifetime. She is an inspiration to her patients, colleagues, and friends.”

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Web URL: <http://www.hardwiredforlove.com>
Photo Link: <http://www.helenebleonettimd.com/HardwiredforLove.jpg>

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