



Sober & Fabulous: How the courage to give up alcohol transforms the way we look, eat and succeed.

Mrs. Rebecca Sweeney

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How the courage to give up alcohol transforms the way we look, eat and succeed. Take a journey into candid interviews with eight different people who all live their lives alcohol free. Health and wellness expert coach, Artist, Yogini and Mom of two, Rebecca Sweeney takes you into the private lives of recovered alcoholics, drug abusers and people who simply decided to live a clean life. A sober entrepreneur herself, Rebecca takes and teaches the reader through: -HOW TO LIVE AN EXCITING, MIND BLOWING & FABULOUS LIFE -HOW TO LIVE WITH FABULOUS SUCCESS -HOW TO LOOK FABULOUS -WHY ALCOHOL IS A LIFE NUMB-ER -TOOLS, BREATH WORK AND MEDITATION -THE IMPORTANCE OF FITNESS - FABULOUS FOOD, DIET & NUTRITION -LIFE AFTER ALCOHOL, NOW WHAT? -THE DIVINE INTERVIEWS & TESTIMONIALS (Part 1 & 2) ABOUT THE AUTHOR Rebecca graduated from the Savannah College of Art and Design in Savannah, Georgia in 2001 with a Bachelor of Fine Arts degree in the Department of Illustration. Along with art, in college, she submerged herself on the crew and rowing team. This was the birth of her passion in fitness. She was selected to study with the college abroad in Provence, France, Florence and Venice, Italy in 1999. There she studied interior and exterior illustration. Immediately after her college graduation, she became a certified Yoga teacher/instructor. Moving from the Yoga mat and professional Illustration world, she found peace in freelance artwork, creating custom art works for clients and constantly developing collections of multiple meaningful art series'. She celebrates her style changing and evolving constantly, which is going against the grain of the typical illustrator. The freedom in her work is inspired from her over twelve years of teaching classic Hatha Yoga worldwide at various Yoga studios. Rebecca's biggest passion in life is to be a motivational speaker, combine art, creativity, wellness and fitness into helping people with their inspiration, health, balance and happiness in their own bodies, spaces and in their lives. She strives to bring the peace she sees through Yoga and meditation to her business. She strives to evoke continually positive reactions to all who view or own her art or to who become a part of her coaching team. She is the creator of TAO Happiness and The Clear & Present Movement, www.taohappiness.com and www.clearandpresent.com. Aside from running her at-home Beachbody wellness and coaching business, Rebecca celebrates peace, balance, equality, Motherhood, womanhood, nature, nutrition and diversity in every one of her artistic and business creations. Her passion above all, is to teach people how to love themselves once again, as she feels we tend to lose the self-love we are each born with. Rebecca A. Sweeney felt moved to write a book when she got a hold of her life. She made it through her self-abuse of the twenties, found herself in depression and 60 pounds over weight in her early thirties and decided to change all of that naturally, with vigor, community and entrepreneurial community. Find out how she and several of her mentors achieved their dream life in this compelling tell-all, interview-style and warmly motivational book. Rebecca A. Sweeney Artist, CYT, Wellness/Fitness Expert, Diamond Team Beachbody Coach www.taohappiness.com www.beachbodycoach.com/ZenMamma www.teambeachbodycoach.com/ZenMamma "Becca is a natural teacher who knows how to give clear and down to earth explanations to any level of student without sounding preachy. She is obviously very passionate and knowledgeable about yoga and pulls from a wide variety of styles and influences. Her classes are always varied and interesting with just the right amount of challenge. She was my first yoga teacher and inspired and influenced me so much that I eventually went on to become a yoga teacher myself." –Lauren Lapointe, musician/yoga instructor from, Savannah, GA www.laurenl.com

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