



# Nourishing Routes

By Marissa Pendlebury

## PRESS RELEASE

*No diets, detox plans or calorie counting instead be inspired to reconnect with what makes you feel happy, healthy and free, thanks to this life-affirming guide from someone whose battled her own food demons for too long.*

Everyday we're assaulted by headlines screaming new information about the best way to lose weight or how to get enviable model midriffs. It's no wonder everyone is confused as to what regimes or rules they should follow and are becoming more dissatisfied with their own appearance. According to ABC (Anorexia and Bulimia Care) 1.6 million individuals are affected by an eating disorder in the UK, and Marissa Pendlebury was no exception. At the age of fifteen she was diagnosed, and hospitalised, with anorexia nervosa, depression and body dysmorphia. After years of fighting to overcome her problems, medical and psychological evaluations and ascribed meal plans Marissa saw no light at the end of the tunnel. It wasn't until the passing of her grandfather, her best-friend and champion for a positive mental attitude, that Marissa finally woke up to the realisation that it was up to her to change her mindset.

**Nourishing Routes** is at once the result of Marissa's deeply personal self-development and an invitation to all individuals to join her on a journey of positive transformation using compassionate living as the key. Divided into five parts, Marissa begins by introducing the concept of **Nourishing Routes**. She explains what it means to live more compassionately and offers light-hearted activities to help identify your own personal needs before moving on to show how we can then apply these concepts to our everyday lives. Marissa then specifically targets the area of food. A section closest to her heart, Marissa explores the damaging side of clean eating and faddy diets. Although keen to stress that the new wave of lifestyle trends come from a positive place, she asserts that in the individual it can quickly become overwhelming. Instead Marissa hopes to inspire those to break free from negative relationships with food and encourage a positive mindset that doesn't involve branding foods as 'good' or 'bad' or feeling guilty for what we do or do not eat. Progressing naturally to the subject of physical exercise, she highlights the importance of exploring different types of exercise and enjoying the experience rather than employing a rigid regime that can become boring and feel like a chore. Finally, Marissa concludes the journey with a life-affirming pledge that states her sixteen simple commitments to starting a life of compassionate health and wellbeing.

Offering a combination of deeply personal experiences and academic study, into the fields of nutrition, health sciences and psychology, **Nourishing Routes** provides a heat-warming and accessible life-guide to anyone wishing to make real, long-lasting and positive changes towards their relationships with food, mind and body.

**About the author:** Living in Warrington Marissa Pendlebury is a graduate of Health Sciences and Nutrition (BSc) and Psychology (MSc) from Liverpool Hope University. She has also completed a course in Public Health and Counselling (PGdip) at John Moores University. Today Marissa is developing the Nourishing Routes coaching and online course to help other individuals going through similar life experiences an initiative which has already been awarded the title of Best Social Value Business, Liverpool 2016. Her book of the same name, **Nourishing Routes** by Marissa Pendlebury will be published 17th January 17th by Clink Street Publishing in paperback and ebook RRP TBC.

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