



ABOUT MARYANNE:

Maryanne Comaroto is a best-selling author, personal growth lecturer and motivational speaker who has appeared on numerous TV and radio shows around the country. She created a flurry of national media attention debuting her memoir, *Skinny, Tan & Rich: Unveiling The Myth*, revealing her painful childhood and adolescence in the Bay Area. It's a cross between "Sex and the City" meets "Postcards from the Edge," with "Conversations with God" thrown into the mix! Maryanne's electrifying and provocative story of a young woman's search to feed her hungry soul reached the hearts of thousands with her poignant, yet slightly irreverent tales of "filling in the gaps."

Maryanne helped open the Adolescent Chemical Dependency unit affiliated with Marin General Hospital in Marin County in 1985, and worked as a chemical dependency therapist for a number of years, helping teens and adults with addictions. A certified clinical hypnotherapist (CCHT), Maryanne is the founder of the SHOMI Method, a unique practice of body-centered self-inquiry based on established laws of physics. She has devoted 20+ years to teaching others *how to live a life that works*. In addition to a private practice, Maryanne has been offering workshops helping people—primarily women—stop the destructive cycles that keep them stuck in self-defeating behavior.

In September 2006 Benefit Magazine, dedicated to The Lifestyle of Giving, debuted with Maryanne's column, "Something's Gotta Give."

She is the founder and chairman of the board of NAO (National Action Organization), a 501(c)3 non-profit organization dedicated to changing the way our culture values women.

Learn more at: www.maryannecomaroto.com and www.naction.org.