



Planking for Pizza: A Body Positive Guide to a Confident, Healthy, Happy You

Jessica Pack

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Planking for Pizza started with an epiphany: Jessica Pack decided to “start where she was,” and share her true self as the first step in a journey to self-acceptance. To her great surprise, her Instagram selfie posts and blog made her a social media star with followers praising her revelatory approach to becoming whole by accepting every part of herself. She has inspired a throng of fans and readers to follow her example of self-love and self-expression and her writing, photos, and honest posts are an inspiration sensation. As result, Planking for Pizza went on to become series of life lessons every reader can identify with – avoiding the trap of perfectionism, how exercise is 10% physical and 90% mental, overcoming trepidation and embarrassment at the gym by embracing the fear and using it, along with reminders that eating a slice of pizza along the way won’t make you unhealthy. With Jess’s encouraging voice cheering you along (and convincing you to become your own cheerleader, too) you’ll discover what ignites your inner being, what creates mental strength and emotional balance as you reclaim self-worth and confidence.

Author Jessica Pack’s audience expands far beyond her fellow millennials; she is inspiring people from all walks of life, age groups, shapes and sizes. Planking for Pizza is an exploration on how to live life with meaning and mindfulness. What is so winning about Jessica Pack is her regular girl relatability; the book reads like she is your new best friend and, as she says, “If I can do it, you can do it!” She also goes deep with discussion of how to deal with wobbly self-esteem and offers tools to ditch negative self-talk and replace it with tools for empowerment. Author Jess share tips, influences, motivation, advice, and ruminations she developed on her fitness journey. Jess approaches serous topics with a sense of fun and the intention that what worked for her can help readers in their pursuit towards mental and physical health, happiness, and awareness.

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