

The Book Inspiration

Born and raised in communist Romania, Mariana Bozesan learned to appreciate food very early in life. She grew up very poor in a house without an indoor bathroom, received her first doll at age seven, and went to school often without food. Soon after her emigration to Germany at age 16, she began struggling with overweight, and lived as a yo-yo dieter for more than 20 years. Due to a stressful life as a top executive, she also began facing a series of health challenges including allergies, bloating, irritable bowel syndrome, parasites infections, immune deficiencies, food cravings, and hormonal imbalances.

Sick and tired of being sick and fat, the author, who had already developed a successful high-tech career, embarked in 1999 also on a personal healing quest. She wanted to find out whether healing and a permanent solution to weight loss were possible. Driven by pain but also by her intention to give back to society what existence had so graciously given to her, Mariana traveled around the world and studied about and with the world's most highly regarded sages and lifestyle experts. These luminaries included Deepak Chopra, M.D., Anthony Robbins, Dean Ornish, M.D., John Gray, Ph.D., Elson Haas, M.D., John Robbins, Stan Grof, M.D., Charles Tart, Ph.D., Lynne Twist, Ellen Cutler, D.C., Fred Gallo, Ph.D., His Holiness the Dalai Lama, and Margot Anand to name only a few. Over a period of eight years, she conducted exhaustive scientific research on nutrition, exercise, detoxification, mental and emotional mastery, and the psychology of lasting change thereby discovering the secrets of self-actualized people including successful dieters.

Mariana succeeded not only in bringing her own health back into balance but also in becoming a role model for a life well lived in all areas both professionally and personally. At age 44, she even became a marathon runner.

Because her life changed so dramatically, the author decided to share her secrets with the rest of the world through the Consciousness Leadership Model that she

subsequently developed based on Ken Wilber's All Quadrant All Level (AQAL) model. At the center of her Consciousness Leadership Model is the wheel of life that includes all important areas of a person's life such as the physical, emotional, mental, financial, relationships, and spiritual, which if attended to help each individual move up toward self-actualization and a life of meaning in a sustainable world.

It is the author's conviction that we can only stop the current downward spiral of disease, if we become honest and truthful about who we are as human beings on this planet. In order to heal and reverse the current trend of overweight and obesity, we must shift our worldview on weight loss and dieting, we have the responsibility to define and implement a new worldview that is based on the essence of ALL existence. This realization is oneness rather than separateness, gratefulness rather than deprivation, abundance rather than scarcity, and love rather than fear. These are essential pillars of a wise society that is able to ensure a glorious future for our children and our beautiful planet.

Diet for a New Life: An 8-step Integral Approach to Weight Loss and Well-being is the first in a series of books that address this need.

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