

# A Story of Self-Love and Romance

*In her memoir, Destiny Allison shares her weight-loss journey and explores gender roles, identity issues and women's equality*

## *The Romance Diet: Body Image and The War We Wage on Ourselves*

Written by Destiny Allison

In August of 2013, Destiny Allison confronted a crisis. Facing spinal fusion or the end of a successful art career, she became depressed and hid from the world. When this began to affect her marriage, she reemerged to discover poor diet and lack of exercise had spiked her cholesterol count to 436 (more than twice what is considered dangerous). To address this, Destiny and her husband, Steve, decided to lose weight and get healthy. She shares this story in *The Romance Diet*.

Refusing to go on a diet, Destiny and Steve made simple lifestyle changes—splitting meals and dancing three or four nights a week—and soon found they were hungering for each other's company more than they hungered for food. Yet the efforts they made to improve their health revealed deeper issues. Old wounds, ingrained behavioral patterns, and miscommunication threatened their marriage in ways they couldn't have guessed.

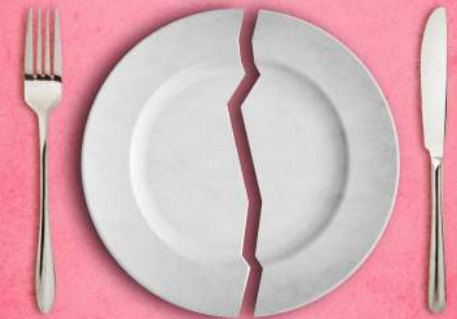
In less than eight months, Destiny had lost her career and identity, opened a store, published a third book, and dropped thirty-four pounds. Squeezed by change and exhausted from late nights, she began to suffer from unexplained anxiety and nightmares. These culminated in a traumatic flashback to being raped at 19.

She sought help at the Solace Crisis Treatment Center in Santa Fe, where she discovered she'd been suffering from post-traumatic stress disorder (PTSD). Destiny underwent a type of therapy called Brainspotting that helped her process long-buried feelings of shame, guilt, and inadequacy.

Destiny writes, "Seldom do we acknowledge the real wars we wage. Repressing feelings and silencing our voices, we suffer under the surface, attributing emotional distress and unwanted pounds to the inescapable effects of hormones or age, but weight gain and marital difficulties aren't always so easy to explain. We need to talk about the small things that eat at us, speak honestly about our feelings and experiences, and learn to abandon the cultural conventions that imprison our souls. My story is not uncommon. In sharing it, I hope readers are inspired. It is my great wish that the book will help women and the men who love them find peace with themselves."

## THE ROMANCE DIET

BODY IMAGE AND THE WARS  
WE WAGE ON OURSELVES



DESTINY ALLISON

### BOOK DETAILS

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[www.destinyallisonbooks.com](http://www.destinyallisonbooks.com)

PRBYTHEBOOK

This is a story for women and the men who love them—a feminist book with a male hero, an extraordinary story because it is so very ordinary.

*The Romance Diet* explores the undercurrents that determine gender roles, identity issues, and women's equality. It has a strong application for married women ages 35-55, trauma therapists, rape crisis centers, couples therapists, and readers of women's studies and gender studies. The book includes a Readers Guide prepared by two licensed mental health counselors.

## About the Author:

**Destiny Allison** ([www.destinyallisonbooks.com](http://www.destinyallisonbooks.com)) has been a professional and award winning sculptor with her work collected by individuals, civic entities and corporations worldwide. When an injury required her to re-envision her life, Allison did what she always does. She applied her explosive creativity and dog-with-a-bone tenacity to new endeavors such as community building efforts and developing an innovative business model that transformed a bankrupt shopping center into a thriving community and commercial center. In 2011 she was named Santa Fe Business Woman of the Year.

Allison is also the author of the non-fiction book *Shaping Destiny*, winner of best independent non-fiction/memoir in the 2013 Global Book Awards, and two novels, *Pipe Dreams* and *Bitter Root*. She lives in Santa Fe, New Mexico.

## Story Ideas:

- Reshaping Destiny: A year of weight loss, evaluating her relationship with food, exploring body image, redefining her marriage and identity as a woman, and finding freedom from trauma
- A Recipe for Marriage: Rediscovering the pleasure of each other's company, learning to communicate effectively, and developing empathy for each other
- Unleashing Your True Identity: The ways we make ourselves invisible and how to combat them
- The Feminist Chorus: Responding to the misogyny ingrained in our culture and recognizing the wars we wage on ourselves
- Invisible Fences: What are the barriers (self-doubt, fear, trauma, etc.) that keep us from running free?
- Wearing Your Weight: Women with PTSD gain weight more rapidly and are more likely to be overweight or obese than women without the disorder, according to researchers at Columbia University's Mailman School of Public Health and Harvard School of Public Health
- PTSD isn't just for veterans: 1 in 9 women will have PTSD at some point in their life—twice the rate for men
- Treating Trauma with Brainspotting, a fast and effective therapy for PTSD: Destiny's experience at Solace Crisis Treatment Center

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Destiny Allison

"In her latest book, Destiny Allison has deftly parsed that feminist cliché *the personal is the political* in a fresh new way. The search for the authentic self is new for every generation and Allison's book is a valuable contribution to that quest for today's women."

—Patricia Murphy, Ph.D., John D. & Catherine T. MacArthur Foundation Women's Health Policy Fellow and author of *Making Connections: Women, Work, and Abuse*

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