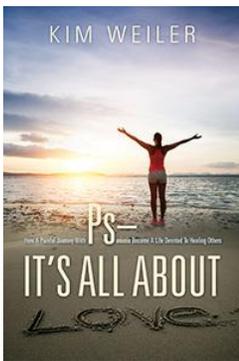


FOR IMMEDIATE RELEASE

Author shares painful journey with psoriasis—along with the secrets to healing—to help others who suffer from skin disease take control of their own health.

Outskirts Press Announces the Release of New Nonfiction by Kim Weiler: *Ps - It's All About Love: How A Painful Journey With Psoriasis Became A Life Devoted To Healing Others*

January 27, 2017 – Denver, CO and New York, NY – Author Kim Weiler knows how hard it is to live with psoriasis. Her long journey with the autoimmune skin disorder—and her success in beating it—motivated her to become an internationally certified holistic health coach who lectures on healing psoriasis naturally. *Ps - It's All About Love: How A Painful Journey With Psoriasis Became A Life Devoted To Healing Others* has just been released by Outskirts Press—the fastest-growing full-service self-publishing and book marketing company.



Since the age of 19, Weiler has navigated the frustration, depression, anger and feelings of shame psoriasis can cause. She knows what it's like to worry that people will discover the “secret,” and she understands the fear of judgment that comes with a painful, visible autoimmune disorder. Through her path to healing, she has gained knowledge that she passionately shares about replacing all that doubt, fear and self-criticism with the greatest medicine of all: *love*.

For those who have already tried just about everything doctors and dermatologists have to offer—and chances are, those treatments don't work reliably, or they have undesirable side effects—Weiler's book shows readers that psoriasis and other skin disorders are communications from the body, and what self-love means in the

context of healing the skin.

“It means changing the way you think about caring for yourself physically, emotionally and mentally. It means making a daily commitment to positive changes that might seem impossible at first, including proper nutrition and other techniques that heal you from the inside out,” she says. “Today is the day to take control of your health, to eat right, think right, love right, and in return your skin will love you for this!”

Ps (short for psoriasis) – It's All About Love is a comprehensive guide to help readers understand what psoriasis is; what certain foods and toxins do to the body; how to deal with feelings of anger, depression and shame; and how to integrate nutrition, not pharmaceuticals, to get to the root of illness. The book also shares how Weiler's dog Max saved her life and what she learned from his vet...not her own doctors!

For more information, visit the author's website at

www.outskirtspress.com/bookstore/PSitsallaboutlove or <http://www.healingmyskin.com/>.

At 280 pages, *Ps – It's All About Love* is available online through Outskirts Press at www.outskirtspress.com/bookstore. It is sold through Amazon and Barnes and Noble for a maximum trade discount in quantities of 10 or more, and is being aggressively promoted to appropriate markets with a focus on the nonfiction / health and fitness category.

ISBN: 978-1-4787-7924-7 Format: 6 x 9 paperback cream glossy Retail: \$17.95 eBook: \$5.00

Genre: NONFICTION / Health and Fitness

About the Author: Kim Weiler's 21-year journey to healing began when she developed the

autoimmune disease psoriasis at the age of 19. After a long career working in all facets of the TV and film industries (see www.imdb.me/kimweiler) and living with the fear that her psoriasis would negatively impact her work as an actress, she is now helping others through her business, Healing My Skin, LLC. Kim holds a bachelor's degree from Marymount Manhattan College, is a graduate of the esteemed Institute for Integrative Nutrition and is a member of the International Association of Health Coaches. As an internationally certified health coach, Kim is devoted to helping others who struggle with skin conditions.

About Outskirts Press, Inc.: Outskirts Press offers full-service, custom self-publishing and book marketing services for authors seeking a cost-effective, fast, and flexible way to publish and distribute their books worldwide while retaining all their rights and full creative control. Available for authors globally at www.outskirtspress.com and located on the outskirts of Denver, Colorado, Outskirts Press, Inc. represents the future of book publishing, today.

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