

## FOR IMMEDIATE RELEASE

Contact: Junie Moon Schreiber

Phone: 973-874-0427

Email:

Junie@coachjuniemoon.com

WomenReclaimYourLife.com

### **Junie Moon Stripped Naked for a New Film “Shed the Shame” to Help Women Free Themselves of Media Messages on Women’s Bodies**

A Film Project (*Newark International Film Festival 2017 & Nyack Film Festival 2016 Official Selection*) created to support healthy body image and heal the shame still dished out to women and girls in America

Montclair, NJ -- Sept. 8, 2017 -- The Newark International Film Festival features a film by a local Jersey woman who has stripped down to her birthday suit for all the world to see--in order to spotlight an important epidemic in this country--women and girls are suffering with self-hatred and poor body image. To see the film, look here:

[https://www.youtube.com/watch?v=4x\\_fUpr9ZhM](https://www.youtube.com/watch?v=4x_fUpr9ZhM)

In making the film and in front of invited guests and the film crew, Junie Moon, author and speaker, had her 53-year-old naked body painted by Andy Golub, the world-renowned artist known for painting nude models in the public streets of New York City and creator of the NYC Body Painting Day. His videos have gone viral many times over. Now, Junie’s film, “Shed the Shame,” is doing the same. On September 8<sup>th</sup>, it will appear in the Newark International Film Festival.

“My work is about helping women heal from “not-good-enough-itis”. When women emotionally beat themselves up, they can’t fully show up in their lives. I help them feel empowered and know their worth from the inside,” Junie Moon said. This film joins her new book, *Loving the Whole Package: Shed the Shame and Live Life Out Loud*, and her well-received website **WomenReclaimYourLife.com**

After a lifetime of feeling inadequate, Junie Moon has learned to love her body just as it is, stretch marks and all, and is on a mission to show women they can do the same. The body-painting event is the climax of the documentary film, displaying her transformative journey and her monumental leap in healing her body shame.

“The idea for the film rose from my work with clients. I’ve had the honor and joy to help women shift out of old patterns that wreak havoc in their lives. Women *can* truly reclaim their self-esteem and live joyfully. Such empowerment even helps women become more successful,” Junie Moon said. Along this line, one of her speech topics is “*Fear Not--Be Fearsome*,” and she holds workshops that help women break free of fear that holds them back.

On the purpose of this film, Junie Moon said, “The stereotypes and images of starving models are bombarding women, making them feel like they are falling short. No! That’s a lie. Women can be defiant--and they can embrace their own truth and beauty.”

About The film “Shed the Shame”: This is a nonprofit project.

**Film can be viewed at [https://www.youtube.com/watch?v=4x\\_fUpr9ZhM](https://www.youtube.com/watch?v=4x_fUpr9ZhM)**

Other facts about Junie Moon:

Junie Moon is a Certified Transformational Coach, speaker and the author of *Loving the Whole Package*. She is best known as “The Inner Critic Tamer & Self-Love Expert.” She runs group programs, works with individuals in person and via skype and travels the country giving keynote speeches and offering transformational workshops.

For more information go to [www.WomenReclaimYourLife.com](http://www.WomenReclaimYourLife.com)  
and [www.CoachJunieMoon.com](http://www.CoachJunieMoon.com)