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Title: ITGIRL4LIFE: How to bring out our special something and so much more
Author Name: Tamara Branch

Author Bio:
(short version)

Tamara Branch is a writer, artist, and speaker, on a mission to help girls unlock their brilliant potential. She's from New York, born and raised in the Bronx, and currently lives in Los Angeles, CA.

(long version)

Tamara Branch is from New York, born and raised in the Bronx. She is thrilled to share her first book release, ITGIRL4LIFE: How to bring out your special something and so much more. The book kicks off the ITGIRL4LIFE self-esteem movement to help empower girls to stand up, stand out and shine bright in the world.

Tamara has worked as a professional model and actor for almost two decades. She strutted down the runway for designers Calvin Klein, Donna Karen and Christian Dior, acted in a few independent

films, co-hosted PBS New York's education series, "What's up in Technology" and appeared T.V. commercials and print ads for Levi's, Old Navy, Hershey's, Colgate, Kellogg's Special K, Revlon, Hanes, Nike and many others. A Penn State alumnus and lifelong student of personal development, Tamara is deeply passionate about uplifting the human spirit.

After graduating from Institute for Integrative Nutrition, studying under Deepak Chopra, Dr. Andrew Weil and some of the top health and wellness experts in the world, she was inspired to raise the bar on her own 'self care' and support others in living more vibrantly. She is an abstract artist and teaches a dynamic dance class, where she gets to fuse her varied background, having trained in everything from jazz, ballet and modern to Afro-Caribbean and Salsa.

Tamara was recently asked to become a Female Visionary Author guest blogger for The Brave Heart Women Global Community. She's a SAG/AFTRA member since 1998, a member of Society of Children's Book Writers and Illustrators and is represented by Abrams Artists Agency.

Tamara currently lives in Los Angeles, California, with her husband of seven years and offers ITGIRL4LIFE workshops to assist girls on their self empowerment journey. Her second book is due out next Spring. Stay tuned!

Author Links - The link for any or all of the following...

Website | Blog | Facebook | Twitter | Pinterest | LinkedIn | Goodreads | Amazon

tamarabran.ch.com

<http://tamarabran.ch.com/tams-blog/>

<https://www.facebook.com/itgirl4lifemovement>

<https://twitter.com/itgirl4life>

<http://www.pinterest.com/branch0204/>

<http://linkd.in/1s7bSPA>

<https://www.goodreads.com/>

<http://amzn.to/1nPlKs7>

Giveaway - details for your giveaway for readers that follow your tour, be specific. You may pick offer prize of more than one.

(eg: Ebooks, paperbacks, Swag or gift cards)

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Hosting Incentive: If offering an incentive (giveaway) for those that host your tour such as a gift card or free ecopy/paperback.

signed copies of book with bookmarks

Pit Crew: Will you be offering a donation to our Street Team that will be helping promote your tour?

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Book Genre: YA nonfiction — self-esteem/ self help/ personal growth/inspiration/motivation.

Publisher: Heart Project Publishing

Release Date: June 2014

Buy Link(s):

<http://amzn.to/1nPlKs7>

bn link: <http://bit.ly/1CSB288>

Book Description:

"YOU have IT. IT is the GREATNESS you were born with." - from the book

Writer, Artist and Speaker, Tamara Branch serves up 40 bite-sized chapters on how to build unshakable self-confidence, honor your life, and shine bright in the world, in *ITGIRL4LIFE:How to bring out your special something and so much more*. Get ready to fall in love with your own wisdom, beauty, and strength.

Excerpt One (300-500 or so Words):

Excerpt Two (500-800 or so Words):