



The Naked Confidence Cookbook: How To Transform Your Battle With Food Into Self-Love and Your Best Body

Cortney Cribari

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Health and wellness expert, yoga teacher, fitness instructor and cooking enthusiast, Cortney Cribari, releases her first cookbook called “The Naked Confidence Cookbook: How to Transform Your Battle With Food Into Self-Love and Your Best Body.” The cookbook offers 100 whole food, gluten-free, soy-free and low-carb recipes to heal your body and soul. And is a go-to reference guide for how to have total body confidence, cook and eat gluten-free, stop counting calories, kill crazy cravings, regain natural energy, maximize hunger control and lose weight without starvation, diet pill or any other unhealthy measures to be thin. From doing a fitness commercial shoot for a national brand in Los Angeles, to teaching people how to burn fat and find their zen in her yoga sculpt class, to private celebrity training and workouts; she is known to many as their personal weight loss coach online. What most people don’t know about Cortney is she used to torture herself to be thin. Her cookbook goes beyond gluten-free recipes and reveals her darkest moments and struggles that she has only shared with her closest friends until now. In her compassionate new work, she talks about in detail overcoming her self-abuse and shaming, a binge eating disorder, divorce and dating heartache, weight gain, sugar addiction, health, autoimmune and emotional issues and then offers strategies, mantras, life lessons and recipes on how to turn your body, health and life around. Here’s what the experts are saying: “The Naked Confidence Cookbook is so much more than a cookbook. You will come away knowing how to take back control of your appetite, your cravings, your conflicts with your body image and your sense of self. Cortney gives you practical tips on how to break free from the clutches of self-doubt and re-engineer a wholesome self.” -- Dr. Keerthy Sunder, M.D. “Cortney's story is a true inspiration for anybody trying to heal from the inside out and reach their personal health goals. Her cookbook demonstrates her passion for helping others to improve their health through the use of good nutrition and exercise. I'm excited to try all of her beautifying recipes!” -- MacKenzie Stark, RDN, LN “Cortney is a victor who shares her incredible journey from victim to empowerment in the most beautiful, vulnerable way so we can find ourselves in her story and learn how we can empower ourselves through our choices and through food -this cookbook will transform you one delicious bite at a time so we can enjoy the journey now and let go of waiting for the “after” to be happy.” -- Lori Harder, Fitness Cover Model & Lifestyle Entrepreneur “In the Naked Confidence Cookbook, Cortney bares it all; sharing the darkest moments of her journey to self-love and healing. This is not your typical cookbook, as Cortney gives every tormented soul the courage, and permission, to rise up and make change. She provides you valuable tools, personal mantras, and delicious recipes that teach you how to heal yourself from the inside out. #foodforyoursoul” -- Elaine Zlaket, Certified Personal Trainer & Health Coach Naked Confidence Cookbook contains 100 of Cortney’s favorite recipes she’s been collecting, cooking, Instagramming and Facebooking for the past 3 years. From her gluten-free apple cinnamon pancakes to her salmon skewers with avocado compound butter, her bun-less bacon & avocado burger and guilt-free brownie skillet; Cortney Cribari teaches you how to eat deliciously and STILL meet your body goals. Yummy, healthy, simple, satisfying and fun, these dishes are for family, for a date night at home or to bring to a party to impress. You’ll learn the importance of eating organic, healthy fats, grass-fed and free-range meats, and how to quit sugar and gluten. You can expect authentic advice, to be inspired and find yourself again in the cookbook. Cortney offers hope to those who are knee-deep in eating struggles and yearning to breakthrough to the other side.

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Micah Clark:

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