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FOR IMMEDIATE RELEASE

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Girls Inc. Will Host Meet-the-Author Event with Elizabeth Squires

On Tuesday, Oct. 9, 2007, Girls Inc. of the Island City will partner with Books Inc. to host a visit from Elizabeth Squires, who will read from her most recent book – “*bOObs: A Guide to Your Girls*” - at a special, free, meet-the author event.

Meet-the-Author Event with Elizabeth Squires

Date: Tuesday, Oct. 9, 2007

Time: 6:00 pm to 9:00 pm

Author’s Reading and Book Signing: 7:00 pm

Location: Books Inc., 1344 Park Street, Alameda

Cost: FREE!!

Refreshments and Recommended Book List Included

20% of ALL book sales during the 3-hour event will go to support Girls Inc.!

Sponsored by Books Inc.

Organized by Girls Inc.’s Women of the 21st Century Club

They come in all different shapes and sizes — big, small, medium, round, oval, saggy, flat — and no two pairs are alike. They are something every woman has, but very few truly understand. Yes, they’re boobs, and now they have their very own book.

In *bOObs: A Guide to Your Girls* (Seal Press / October 2007 / \$15.95), internationally recognized “boob-lady” Elisabeth Squires uses her mammary expertise to help women appreciate, understand, and respect their breasts. She also uses her knowledge to help squash cultural misperceptions of what perfect breasts are supposed to look like, and to enlighten men so they can grow beyond their oversimplified ideas about boobs.

In *bOObs*, Squires provides useful advice about breast health, and finding the right bra, since according to bra manufacturers, some 75 to 80% of American women are wearing the wrong size. She also discusses surgery options (enhancement, lift, reconstruction, and reduction), and what to expect when you are pregnant. In *bOObs*, Squires consults doctors, lingerie fitters, clothing manufacturers, personal trainers and — most importantly — real women who openly share personal stories and quotes about their breasts.

The mission of Girls Incorporated of the Island City is to inspire all girls to be **strong, smart and bold**^(SM) through innovative programs, activities and advocacy.

bOObs also provides readers with trivia, diagrams, quizzes and instructions on how to perform a breast self-exam. There are also numerous resources in the back of the book for women to take advantage of as they start their new, and more informed, relationship with their breasts.

Empowering and eye-opening, *bOObs* provides women with an easy-to-understand users' manual to one of their most intimate body parts. Squires calls out to females of all ages, races, and sizes that their breasts are special, and that every woman should put their "best breast forward."

For more information, call Girls Inc. of the Island City Development & Communications Director Kristin Butler at (510) 521-1743, e-mail her at kbutler@girlsincislandcity.org, or visit www.girlsincislandcity.org.