



Christine Arylo

Inspirational Catalyst

author • coach • speaker • self-love expert

Bio

A new kind of self-love expert, Christine takes a fresh approach to redefining self-love for today's woman as hip, hot and hers. A recovering achievement junkie and doing addict herself, Christine is the inspirational catalyst for today's 21st century woman... a woman who knows she can do *anything* but now feels like she has to do *everything*!

Merging her MBA, marketing expertise, and extensive leadership and coaching training with a seven-year self-discovery journey, Arylo traded in building brands for companies like Gap, Visa and Frito Lay to help women break free from their limiting self-images.

Christine has been a recurring guest on ABC-TV, a featured expert for syndicated radio and internet shows across the country, and a quoted figure in publications such as the *San Francisco Chronicle*, the *Albany Times* and the *Daily Om*.

Her sassy, soulful and limit-busting conversations, *Girltalk... taking it deeper™*, have inspired women in venues from her virtual community at www.letsgirltalk.com, to colleges and high schools, to women's events in major U.S. cities. In 2008, she launched Madly in Love with ME™, an international movement to inspire women and girls to be, love and live their most real and wise selves (www.madlyinlovewithme.com). She is the author of *Choosing ME Before WE, Every Woman's Guide to Life and Love* (New World Library 2009).

Christine lives in the San Francisco Bay Area.