



# **Extreme Makeover: Women Transformed by Christ, Not Conformed to the Culture**

*Teresa Tomeo*

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## Extreme Makeover: Women Transformed by Christ, Not Conformed to the Culture Teresa Tomeo

Popular radio host Teresa Tomeo knows from experience that the self-image of American women is being distorted by pop culture. With its emphasis on youth, physical beauty, and sexuality, the secular media is encouraging women--and girls--to see themselves primarily as sex objects.

A professional TV and radio journalist, Tomeo pulls together the latest research on social behavior and trends in order to demonstrate that women are harming themselves and their chances for true happiness by adopting the thoroughly modern, sexually liberated lifestyle portrayed in magazines and movies. Packed with not only persuasive statistics but also powerful personal testimonies, *Extreme Makeover* shows that it is not the slogans of the sexual revolution and the women's liberation movement that free and dignify women, but the beautiful teachings of the Catholic Church.

So what are women steeped in the Hollywood and *Cosmo* girl version of reality to do? Undergo Tomeo's *Extreme Makeover*. With the help of this book, they can shed the toxic messages that objectify and enslave them and embrace the truth about being a beloved daughter of God.

*Extreme Makeover* is an unusual, incredible, intelligent, well-written balance of practical, everyday secular information within a religious structure. That is unique; I'm impressed ... (*Extreme Makeover*) is required reading. I don't care what your religion is; this is required reading."

**-Dr. Laura Schlessinger**

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