

Author Liz Ferro Redefines Girl Power with "Girls with Sole: A Girl Power Guide to Unleashing Your Inner Superhero"

Inspiring Women by Using Fitness and Self-Awareness, "Girls with Sole" Author Liz Ferro Scheduled for Barnes & Noble Book Signing on December 15th.

BARNES & NOBLE BOOK SIGNING EVENT

By combining the powers of fitness and self-awareness activities, *Girls with Sole* will guide you through the process of reinventing yourself and unleashing your inner superhero. It will provide you with the tools to becoming a badass, rock star, super version of yourself. *Girls with Sole* shows you how to further develop and unleash your gifts into the world and take real-world steps towards becoming the fit and fierce person you want to be. We don't need anyone to save us; we save ourselves! Capes optional.



Meet The Author

DECEMBER 15, 2018

2:00 PM - 4:00 PM

BARNES & NOBLE

28801 CHAGRIN BOULEVARD
WOODMERE, OHIO 44122



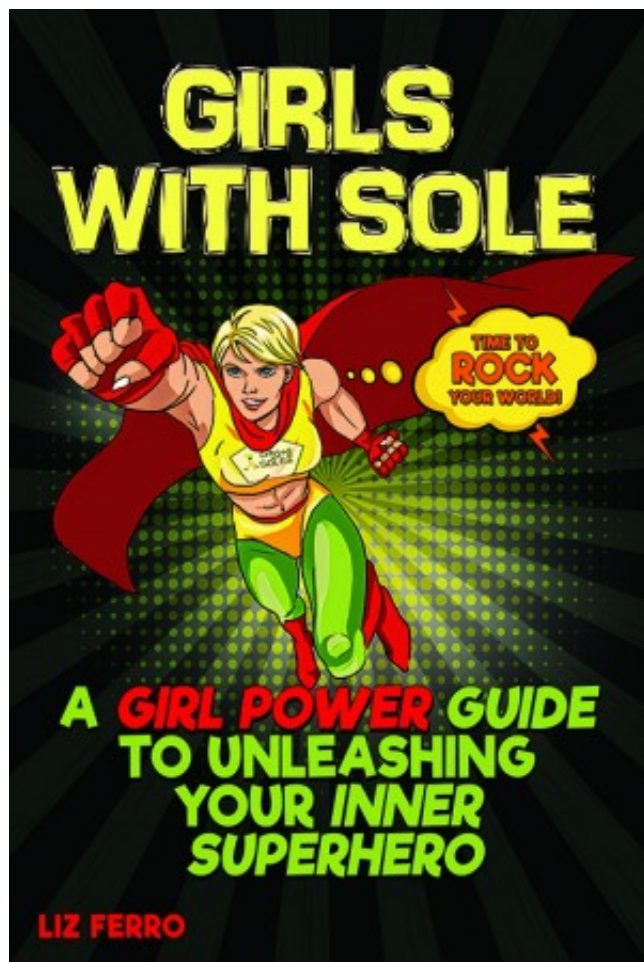
New York, Nov 21, 2018 ([IssueWire.com](http://www.IssueWire.com)) - Liz Ferro, Author of *Finish Line Feeling* and the founder of *Girls with Sole* - a program that empowers women through wellness and exercise - is encouraging women to discover their inner superhero, put on their capes and redefine "Girl Power" with her latest book, released by Library Tales Publishing on November 15th, 2018.

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Girls with Sole is now available for orders in paperback and eBook in bookstores everywhere, and a book signing event is scheduled for Saturday, December 15th @2:00pm at the Woodmere, OH Barnes & Noble (28801 Chargin Blvd, Woodmere, OH). For more information, visit www.librarytalespublishing.com/girlswithsole

About the Author

Liz Ferro is an author, a mom, wife, speaker and the founder and CEO of *Girls with Sole*. As a child growing up in foster care, Ferro experienced sexual abuse but found solace in fitness, particularly swimming, biking and running. The empowerment gained from sports led her to create the non-profit organization *Girls with Sole*, which has received extensive national attention for its innovative and successful program curriculum. Ferro has completed more than 70 marathons; two 50K Ultras; five Ironman Triathlons; and countless road races and triathlons - including the epic and iconic Escape from Alcatraz Triathlon in San Francisco, California. She completed a 26.2 Marathon in all 50 states as well as on the Great Wall of China. Ferro has been featured on the NBC TODAY Show, in SELF, Runner's World, and *Family Circle Magazine*. She is the recipient of the 2018 Smart Women Award for Progressive Organization; 2017 Community Changemaker Award from the Ohio Alliance To End Sexual Violence; 2016 Medical Mutual NEO Pillar Award; 2015 Perspectives Women Who Excel Award; and the 2015 Symbol of H.O.P.E. Award. Read more at www.girlswithsole.org



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See on IssueWire : <https://www.issuewire.com/author-liz-ferro-redefines-girl-power-with-girls-with-sole-a-girl-power-guide-to-unleashing-your-inner-superhero-1617735757244015>