

christine
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inspirational
catalyst

author
coach
speaker

bio



A new kind of self-love expert, Christine Arylo 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 pressured to do everything!

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

Since the release of her book, *Choosing ME before WE, Every Woman's Guide to Life and Love*, Christine has appeared as an expert on E! Entertainment Television, CBS, ABC, FOX, over 100 radio programs, and in publications like the San Francisco Chronicle and the Daily Om.

You can find Arylo teaching her sassy and soulful "Dare to Be Loved" and "Feminine Super Powers" workshops around the country, spearheading the Madly in Love with ME international self-love movement and self-love holiday she founded on Feb 13th (www.madlyinlovewithme.com), designing her line of self-love apparel and jewelry, and hosting Self Love Studio, www.selflovestudio.com, a series of up close and personal tele-conversations on the topics of self-love with the wisest and most real women of our time.

Arylo lives in the San Francisco Bay Area with her soul partner Noah and their Siberian Husky.

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