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FOR IMMEDIATE RELEASE

Eating Disorder Deaths of Fashion Models Inspire New Book on Modeling Beyond Size 0

New York, NY – Despite the pressure society puts on young women and even men for a slender figure, those wishful for a modeling career need not starve themselves to get there. Author and former model Everetta Days brings truth to light, sharing stories and facts about the exciting modeling opportunities that exist for women and men of all shapes, sizes, ages, and abilities.

In a powerful response to the eating disorder deaths of fashion models Ana Carolina Reston, 21, (Brazilian model), Eliana Ramos, 18, and her sister Luisel Ramos, 22, (Uruguayan models), Everetta Days, former print model and international model expert, delves into the world of modeling beyond a size 0 in her upcoming full-color book, *So What's Next after Size 0?*, scheduled to be released in the fall of 2009.

Days' upcoming book includes interviews with a vast number of very prominent models outside of size 0 fashion modeling, such as the very first models with disabilities in the UK, the first male and female hand models, sport models for Nike®, and more. *What's Next after Size 0?* features a wide variety of both male and female models of all ages for all sorts of modeling opportunities.

Marten Van Der Veen from Egos Models, Amsterdam is a mature male model who participates in both print modeling and commercial modeling.

"The older I get the better I seem to work," says Van Der Veen. "I am not a professional fashion-model (the guys that do the catwalk), but I consider myself to be a reasonable successful commercial model, which has resulted in countless jobs for the big companies, four TV commercials, magazine work, and even hand-modeling. My biggest success I suppose is a worldwide campaign with Canon (the photo-camera company). After a year buy-out there was the second year buy-out as well! The TV commercials also pay very well and several nationwide poster campaigns."

In her book, Days explores the many facets of modeling accessible to women and men who don't necessarily fit the cookie-cutter "supermodel" height and figure. Her book incorporates her own modeling career and the coaching she provided for other models while also featuring the true-life experiences and anecdotes of hundreds of models in every genre outside size 0: plus size, sport, parts (for example, hand models), commercial print models, maternity models, mature models, models with disabilities, character models, and little people models.

"The concept of the book was derived out of the 'Size 0' debate, in which three models from South America had died from eating disorders," Everetta Days explains. "The three fashion models were starving themselves to keep up with the pressures to stay thin from the fashion industry. Their deaths were covered globally and sparked the size 0 debate, which in result banned size 0 models in Madrid, Spain, but unfortunately not in the major and most influential fashion markets: NY, London, Paris, Milan, and Tokyo. It is my hope in writing this book that I will educate the world, in particular young, influential girls and boys, that there are many other perceptions of beauty to emulate beyond the 'fashion model.'"

Everetta Days speaks candidly with each tale from her own experiences and also clearly portrays each of the models she interviewed. Days even acknowledges her own eating disorder during her college years. Between her past modeling and her own personal struggles, the author couldn't be more deeply rooted in her topic. Throughout the book, she emphasizes the healthy perceptions of beauty beyond the size 0 model, providing a wide array of modeling outlets for her readers to consider in pursuit of their own hopes and dreams.

To speak personally to all her readers, Days authored both a women's and a men's edition of *So What's Next after Size 0?*, with each volume featuring similar themes and anecdotes tailored specifically for the relevant gender. Both editions of Days' book feature exclusive interviews from top modeling agents as well as their models and the clients who hire models to market their products.

So What's Next after Size 0? covers models and modeling industry experts worldwide, including the United States, Paris, London, Amsterdam, Buenos Aires, Cape Town, Mumbai, Munich, Singapore, and Sydney. Following its fall release, *So What's Next after Size 0?* will be available for \$29.99 at Barnes & Noble (www.barnesandnoble.com) and at Amazon.com.

About the Author:

Everetta Days modeled from her late teens through adulthood. Days served as a model expert in the mid 1990's through 2003, where she appeared on shows like *The Jenny Jones Show*, *The Ricki Lake Show*, and the UK's *Trisha Show* to share lesser known modeling opportunities with young viewers.