



# MEDIA KIT

Devina  
KAUR™

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Book: **TOO FAT TOO LOUD TOO AMBITIOUS**

Author: Devina Kaur

Category: Self Help

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# BIOGRAPHY

**Devina Kaur** is an entrepreneur, filmmaker, inspirational speaker, host of the **Dear Devina radio show**, and founder of the **Sexy Brilliant™ Global Revolution**.

She is the creator of The **Sexy Brilliant™ Academy** of online personal development courses that are based the K.A.U.R.™ Process. This is a practical application of a philosophy developed by Devina that teaches empowerment through self-knowledge, self-love and radical self-acceptance.

**These courses are:** The Power of Being Single, The Heart Break Process, How to Make Money Your New BFF! And let's not forget the Sexy Brilliant™ Empowerment cards.

Devina was named a **RBC Top 25 Canadian Immigrant** of the Year in 2019 and won a **REX Karamveer Award** as a “Champion of Change”.

She is a humanitarian, philanthropist, and has volunteered most recently in India, Rwanda and Guatemala.

Devina, who is an accidental author— is also known as an eccentric butterfly, a martial artist, full-time single mother, lover of animals and people alike, and lives with her family in Montreal, Canada.

#### Find out more by visiting

- [www.SexyBrilliant.org](http://www.SexyBrilliant.org).
- On all my social media with the handle: @TheDevinaKaur. -
- LinkedIn: <http://linkedin.com/in/thedevinakaur>
- Twitter: <https://twitter.com/TheDevinaKaur>
- Facebook: <https://www.facebook.com/TheDevinaKaur/>
- Instagram: <https://instagram.com/thedevinakaur>
- TikTok: @TheDevinaKaur



Too FAT Too LOUD Too AMBITIOUS  
By Devina Kaur



# SYNOPSIS

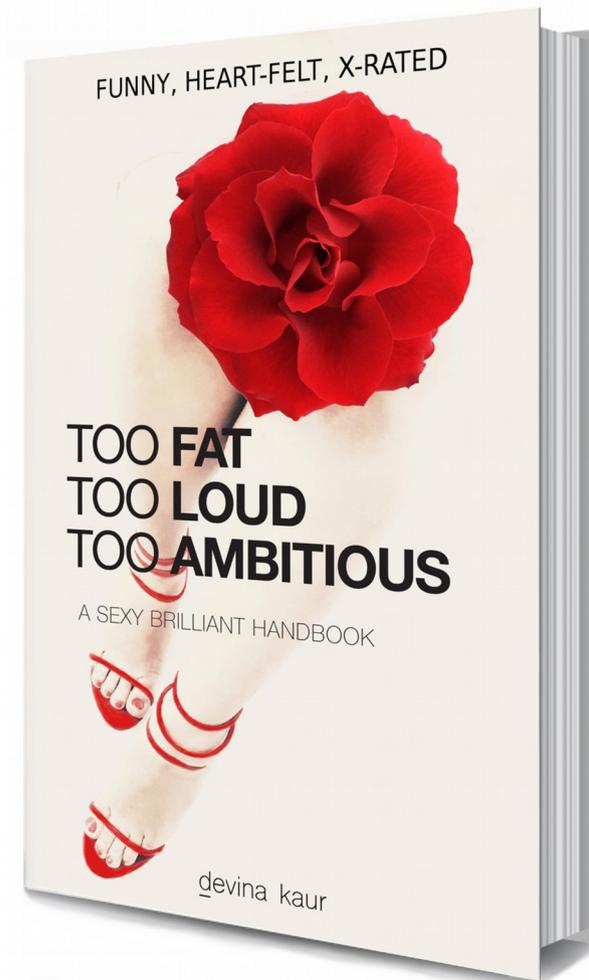
## Are You Ready To Be Sexy Brilliant?

We have all struggled with the feeling of not being good enough; of hating and hiding our unique, intelligent, authentic selves. Devina Kaur, founder of the international Sexy Brilliant™ non-profit foundation, knows the struggle all too well, and is here to say that the path to self-love doesn't have to be buried in toxic shame.

Too Fat Too Loud Too Ambitious is the answer for anyone looking to break unhealthy thought patterns and to finally live a self-fulfilling life. With eye-opening truth, laugh-out-loud humour, and some honest, X-rated conversation, this handbook touches on a range of critical topics, including:

- Identifying and dispelling negative energy in your life
- Forgiveness for yourself and others to heal
- Loving your body—and your mind
- Accepting your spiritual, sexual, and ambitious sides, without compromise
- The life-changing K.A.U.R.™ Process

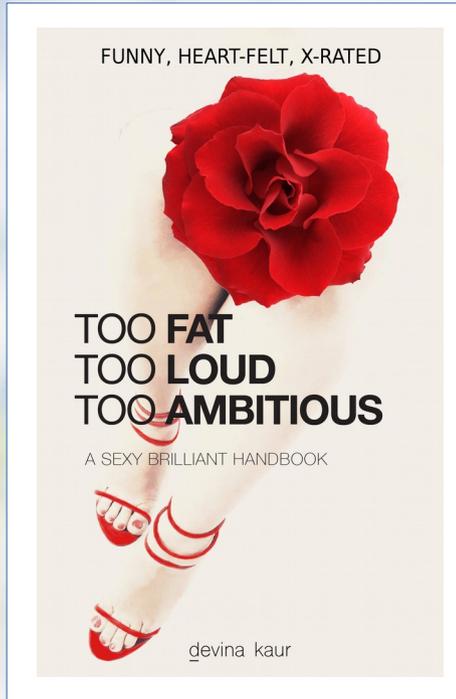
Devina's signature style will make you cry, laugh, and will shock you in the best ways possible. Written for those who are ready to look in the mirror and face their biggest critic, **Too Fat Too Loud Too Ambitious** will give you the tools and powerful courage to step into your very own sexy brilliance, through self-love, self-knowledge, and radical self-acceptance!



TOO FAT TOO LOUD TOO AMBITIOUS  
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# BOOK EXCERPT

## Chapter Zero: The beginning before the beginning.



Zero is the unknown, and it represents the fearless. Zero is zen. Today, right now, this moment is yours because every moment matters. May this be your Chapter Zero too; may it be a new beginning, a new day, a new era.

My intention for this book is symbolized by the wholeness, fullness, and roundness of zero. Zero is a symbol of completion. It is the origin, it represents the place you come from. It represents now-ness. The moment you are in is where you will find your bliss.

So often, people look for fulfilment outside of the moment. If you do, you are fooling yourself. This is the only moment that matters. I too, used to look for a high from the next moment. Living in the moment was never enough for me. I was always searching for my next snack, my next lover, or my next adventure. However, when I discovered my life purpose of Sexy Brilliant, it became everything I have been searching for.

### What is Sexy Brilliant?

First of all, I want to be honest and upfront with you, Sexy Brilliant happened accidentally I created the Sexy Brilliant™ Global Revolution while overcoming my addiction. I will share more details on this later on in the book.

Secondly, Sexy Brilliant™ is the ideal at the core of Too Fat, Too Loud, Too Ambitious. To me, Sexy Brilliance and success are synonymous. Sexy Brilliance is a way of being that is available to anyone. It is a lifestyle. It is a mindset that you can choose at any moment. It encompasses the physical, emotional, spiritual, and intellectual domains.

Although Sexy Brilliance can unlock unbelievable success and wealth, it is so much more than riches, blessings, and money. Sexy Brilliant people are daring, confident, outspoken, and loving. They experience and demonstrate acceptance of their added confidence, body image, and individual worth, no matter their age. Sexy Brilliance is a sense of grace, elegance, and authenticity that empowers people to recognize their own strength, beauty, gifts, and inner light.

Sexy Brilliant people are genuine, they live unapologetically, and they do not have to follow because they lead with their own instincts. They do what they know is right for them. For example, I sit on the floor to eat when I can. It keeps me grounded. Sitting and eating on the ground is an ancient custom, and was practised by many of our ancestors, and even today it helps us stay connected to the natural energy of the Earth.

One of the biggest criticisms that I hear about Sexy Brilliant is that it is egotistical, even though it is actually a not-for-profit movement and a foundation. In the act of celebrating myself, I am labelled as self-centred or self-absorbed. Some people say I lack humility. Nothing could be further from the truth. Sexy Brilliant™ as a philosophy brings balance between myself and my stress and puts me at the center of my life. I have come to realize that there is nothing wrong with that. You are allowed to be the star of your own movie!

It is not egotistical to love yourself. There is a pervasive belief that the ego is the 'bad guy' of the psyche. The ego keeps you alive. It allows you to assert your needs for food, sleep, safety, security, sex, and money. The ego provides the instinct for self-preservation that is required to survive. Instead of vilifying it, make friends with your ego through self-acceptance, self-work, and self-love. Doing this inner work might require you to challenge your cultural heritage. You may have to face your fears around the concept of change as you connect to inner divinity. The hardest thing in the beginning, is learning to listen to your spiritual, inner voice.

**Yet, who are you living for? Whose life is this, anyway? Yours.**

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# Q & A SAMPLE QUESTIONS

**You share many personal stories throughout the book. Was it sometimes hard to be that open with your readers?**

*Interestingly, it was somewhat challenging with my ADD brain to put words together coherently that will best empower my readers, but it was extremely difficult to open up to myself and accept my own weaknesses. Writing down my truths, my experiences and my feelings forced me to face my true self. I had to be open and raw with myself and learn to love myself unconditionally. That was difficult. Once I found self-acceptance of being different abled it helped me make room for my readers to be authentic as well, then sharing my masterpiece with my readers was exciting.*

**For that person who is going through a really hard time, what message do you have for them?**

*You are not alone. Everyone goes through tough times, and although the degree of these vary, try to find the positive; take that challenge and try to turn it into a lesson. Ask yourself, what can I learn from this? How can I grow? How can this make me stronger than I was before?*

**Your book is touted as the “First-ever X-rated self-help book.” Talk about that.**

*You know, it’s hard to reveal your weakness to anybody, and it’s even harder to admit that you’re in recovery from an addiction (in my case, love and dating addiction) and share those experiences with your readers.*

*But honesty, it is so important in self-healing, which is why I do not hold anything back. Too Fat, Too Loud, Too Ambitious lives up to its title. The book is raw, transparent and completely honest. Everything from embarrassing stories to relationship failures, to parenting and sex are spoken about freely. The book is about REAL life experiences.*



# PRESS RELEASE

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**FOR IMMEDIATE RELEASE: May 30, 2020**

**Contact** Marnine Grundman  
**Organization:** Sexy Brilliant non profit foundation  
**Email:** web@devinakaur.com

## **Sexy Brilliant™ Founder Devina Kaur Launches Debut Book**

**Montreal, Canada** – Devina Kaur, founder of the non-profit Sexy Brilliant Global Revolution, has published her first book.

The book, entitled *Too Fat Too Loud Too Ambitious: A Sexy Brilliant Handbook*, is a collection of stories, tips and exercises to help readers overcome self-shaming and step into a more confident, sexy brilliant version of themselves. The book also celebrates sexuality, thereby earning the title as the “World’s first-ever X-rated self-help book.”

In addition to writing the book and founding Sexy Brilliant, Kaur is also the creator of the Sexy Brilliant Academy library of online courses, the first Indo-Canadian star of reality show *Million Dollar MatchMaker*, and host of her own radio show, *Dear Devina*.

“I am so humbled by the opportunity to publish this book,” says Kaur. “I may have written it, but this book is the voice of anyone who has ever felt like they are not enough.”

Aimed primarily at those who have struggled with mental health, body shaming, addiction, toxic relationships, and heartbreak, the book consists of numerous personal accounts of Kaur’s own struggles with an arranged marriage, addiction, body image, self-love, and loneliness. In sharing such raw experiences, Kaur wants to encourage readers to face their own demons. “*Too Fat Too Loud Too Ambitious* holds our hand through the healing process and then pushes us out into the world with new tools and a sense of radical self-acceptance,” she says. “This book is for everyone who is ready to let go of their past, grow up, and own their own happiness.”

Founded in 2017, the Sexy Brilliant Global Revolution is a non-profit, international organization whose mission is to remove toxic shame and raise human consciousness.

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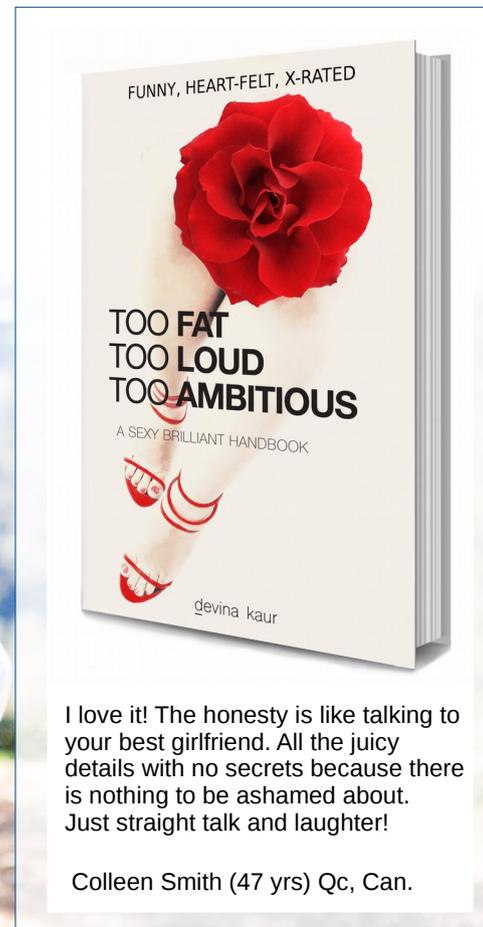
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# SELL SHEET

## TOO FAT TOO LOUD TOO AMBITIOUS

By Devina Kaur



### Genre: Self Help

- Addiction
- Self Esteem
- Toxic Shame
- Body Image
- Cultural Repression

### Price:

- Digital USD \$9.99
- Paper Back USD \$18.99
- Hard Cover USD \$27.99

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# PHOTOGRAPHS

For more images go to: <http://www.sexybrilliant.org/devina-kaur>



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