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Surfer Releases Bible Study for Women Artist and Author Expands Esteem Workshops to Women of All Ages

Louisville, KY – Christina DiMari escaped childhood abuse, abandonment and substance addiction to become an inspiration for women of all ages, following the release of her popular memoir *Ocean Star* in 2006, a story of her own brokenness transformed into new life.



You're Designed to Shine (Group Publishing, July 2008), leads women of all ages through a six-session inspirational Bible study and workbook journal for girls of all backgrounds, life experiences or years in their faith.

“Thousands of girls have contacted me sharing what they have been through in their lives. Many were encouraged by reading *Ocean Star* and it made me want to help them take a good look at their own lives,” DiMari says. “I wanted girls to understand where they came from, who they’ve become and who they are still yet to be.”

DiMari has always been fond of the ocean, as one of her many symbols of inspiration. Her personal story is incredible: As a child, she was severely beaten by her mother, and witnessed escalating violence between her parents, who eventually separated and abandoned their children. DiMari later discovered horrifying family secrets when she was an adult. Running away over 100 times, her adolescent years were spent immersed in rebellion and drug culture until college, when she met a pastor and became a Christian.

For several years, DiMari has been holding *You're Designed to Shine* conferences around the country, teaching girls how to explore the hopes and dreams God has for their lives. *You're Designed to Shine* equips women to lead individual groups through retreats or Bible studies, teaching DiMari's six main lessons:

- Explore the dreams you have for your life and make wise choices
- Discover the unique way your star shines
- Travel with a supportive pod of friends
- Recognize pearls (mentors) for your journey
- Learn to exchange gifts with your Designer (Jesus)
- Ride the wave of God's dream for your life

You're Designed to Shine includes a leader's guide, remembrance charms, and individual workbooks for each member of the study. DiMari began hosting retreats with college-aged girls, encouraging them to mentor younger girls but soon girls of all ages began attending. “It's a wonderful way for natural mentoring to take place when girls of all ages come together and are growing in Christ and learning from each other in the process,” DiMari says. As far as the audience for *You're Designed to Shine*, the series is for “girls ages 8 to 88,” opening a wide range of impact the material has.

For over twenty-five years DiMari has ministered to girls, and has been married to her husband, Michael for nineteen years. They have two teenage sons, Jake and Trevor and live in California. DiMari's website is www.oceanstargifts.com and video on *You're Designed to Shine* is available at: www.youtube.com/grasses12

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About the Books:

You're Designed to Shine Leader Guide: Six Sessions for Girls Ages 8 to 88 by Christina Dimari. Published by Group Publishing. July 2008. Paperback, 32 pages. \$19.99. ISBN: 978-0764436932.

You're Designed to Shine Journal: Six Sessions for Girls Ages 8 to 88 by Christina Dimari. Published by Group Publishing. July 2008. Paperback, 32 pages. \$9.99. ISBN: 978-0764436925.

About Christina DiMari

Author of You're Designed to Shine

Christina is the author of three books, including her 2006 hope-filled memoir *Ocean Star*. She has been married to her husband, Michael, for nineteen years and loves being a mom to her very active teenage sons, Jake and Trevor.

Christina received her B.A. degree from Simpson College, where she majored in Missions/Social Work, Theology and Communications. An adventure girl at heart, she spent several years after college working with street children in the Philippines, which led to her active involvement in creating a safe place for abandoned and neglected children to live and be cared for.

She then spent time traveling throughout England, France, Portugal, Spain, Italy, Greece, Germany and eventually settled in Austria, working in a castle overlooking the quaint mountain town of Mittersill. Throughout her travels she tapped into her love of art, photography, people and writing.

After her time in Europe, Christina went on to get a master of corrective body work therapy from NHI, where she integrated nutrition and holistic health in her work with encouraging and coaching others to live a whole and healthy life. Using the five pieces of the star, she focuses on the importance of allowing God's love to flow into the center of each piece of our life, Spirit, Mind, Heart, Body and Resources.

Her work in life is to help young women, through creative processes, find this wholeness early on in their life so that they can ride the wave of God's dream for their lives and become a star that shines bright for others.

For more information, visit www.oceanstargifts.com

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Suggested Interview Questions

For Christina DiMari, author of *You're Designed to Shine*

1. Your memoir, *Ocean Star*, is very honest about the difficult journey you've been through. Could you share a little about your story?
2. How has your painful life experiences prepared you to identify with women?
3. What are the main lessons for girls and women to learn from *You're Designed to Shine*?
4. What are some creative ways to put on a *You're Designed to Shine* retreat?
5. How does this material work for girls ages 8 to 88? Should women stay grouped by age, or all together? Can this material be used by an individual?
6. What advice do you have for leaders who are leading the study?
7. How easy is it for girls and women to lose sight of God's dream for them? How does this help them recapture those dreams?
8. How important are true friendships, or a "Pod," as you call it, to girls and women?
9. Much of your passion is connected with the ocean, why is this? How do you compare your life to a starfish?
10. Mentorship has been a big influence in your life. Why is mentoring and being mentored so important? What can younger and older women learn from each other?
11. What are some other projects you are involved with – greeting cards too?
12. What will girls and women take away from this material?
13. What is your dream for your future ministry?

For an interview with Christina DiMari, contact Pure Publicity at 818.753.4056 or Ben@purepublicity.com

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