

## WomenofGraceandPower Stretches from the Internet Out to Women of Action and Fitness

For Immediate Release

SAINT JAMES, N.Y./EWORLDWIRE/Nov. 14, 2007 --- The celebration of 21st century women of action and athleticism is the underlying theme of a new Web site, Women of Grace and Power ('<http://www.womenofgraceandpower.com>'). From fitness of body and mind, to amateur female athletes and contemporary women who are able, accomplished and who love to get physical, Women of Grace and Power is geared to athletic women from all walks of life.

What is special about this site is that contributions will come directly from site visitors and the general public. Everyone will be able to share personal fitness tips, their own reviews of sports drinks, diets, foods, health snacks, or just about anything sports and fitness related - including their own sports' photos.

The aesthetic heart behind womenofgraceandpower.com is photography. Photos that are compelling, powerful or otherwise pay homage to female physicality will be prominently featured in the Photo Gallery. From women running and cycling, to women skating and rock climbing, this site will be a place for must-see athletic shots contributed by professional photographers, sports fans with a good eye, and anyone who captures a worthwhile image of their friend, teammate, sister, wife, lover, or other in action.

Some will even send their favorite in-motion or body shot of themselves, which is not only accepted on GraceNPower.com ('<http://www.gracenpower.com>'), it is actively encouraged.

Women of Grace and Power -- conceived by marketing consultant, author and yoga studio co-owner Ken Taub, and designed by Mr. Taub and independent graphic designer Tina Zaccaria - is intended to be a meeting place for women from North America and beyond who want to share athletic meet and race dates, share advice, submit photos and ideas, and, above all, to be reminded that women have power as well as grace, strong, adventurous spirits and nurturing souls, and that they can not only run with the boys, they can sometimes run past them.

According to Ken Taub, "The antidote to the proliferation of pornography is not prudery or censorship, it is a positive image of female beauty, strength and athleticism. In Grace and Power, the female body is worth looking at not only because it is alluring but because it accomplished. Women of Grace and Power is ultimately a celebration of achievement."

By design, the Web site currently has no sponsors nor sells any products, and the focus is on building up the site's fan base and Web traffic primarily by word of mouth and via the ever-growing social networking aspect of the site, supplemented by advertising, e-mail blasts and publicity. Said Taub, "The evolution of gracenpower will come, in no small part, from the contributions of women from all over North America, and eventually the world."

To learn more, visit '<http://www.gracenpower.com>' or call Ken Taub at 631-584-5270.

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