

Dr. Kristen Broughton Releases Automatic Body, a Faith Rooted Health Book for Women Tired of Starting Over

New book introduces “the fitness loop” and invites women to rethink why traditional health plans often fail in real life.

NASHVILLE, TN, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- [Dr. Kristen Broughton](#) has announced the release of her new book, [Automatic Body: Why You Keep Starting Over and How to Build Health That Finally Fits Your Life](#). A faith rooted health and wellness book written for women who are tired of extreme diets, shame-based fitness plans, and the exhausting cycle of beginning again.

The book introduces readers to what Dr. Kristen calls “the fitness loop,” a familiar pattern of getting motivated, starting a new plan, struggling when real life gets busy, feeling like a failure, and eventually planning to start over again. Rather than treating that cycle as a personal flaw, Automatic Body asks women to consider whether the problem may be deeper than willpower.

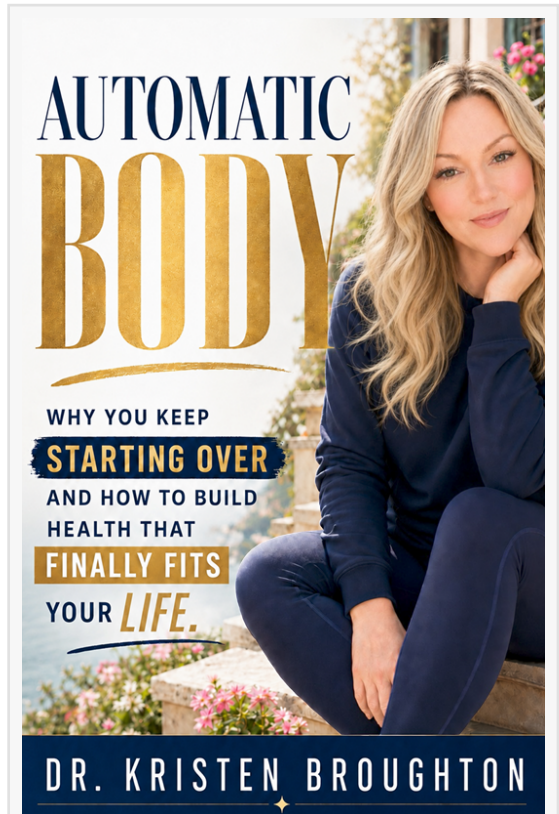
“So many women care deeply about their health, but they still find themselves starting over again and again,” said Dr. Kristen. “I wrote this book for the woman who is tired of blaming herself and wondering why she cannot seem to make it stick. My message to her is simple: you are not broken, your body is not the enemy, and there is a better way to begin.”

“

I want women to finish this book with hope, not hype.”

Dr. Kristen Broughton

In Automatic Body, Dr. Kristen shares her personal journey through body changes, emotional weight, faith, frustration with old methods, and the realization that lasting health could not be built through shame or constant pressure. The book is not positioned as a traditional diet or workout manual. Instead, it focuses on helping women understand



Automatic Body: Dr. Kristen Broughton

the emotional, spiritual, and practical reasons many health plans collapse when they meet the demands of ordinary life.

The book's central question is direct: what if the reason women keep starting over is not because they do not care enough, but because the way they have been trying to change was never built for the life they actually live?

Dr. Kristen writes to women navigating family responsibilities, full calendars, work, meals, interruptions, fatigue, and the private disappointment of feeling like their health goals keep slipping away. Her approach challenges the assumption that lasting change requires a woman to put her whole life on hold.

"This is not a book about hating your body into change," Dr. Kristen said. "It is not about chasing skinny or proving you are disciplined enough. It is about helping women see the loop clearly, stop carrying unnecessary shame, and begin believing that health can be built in a way that fits real life."

Automatic Body emphasizes that the body is not a problem to punish, but a gift to understand, nourish, strengthen, and care for. Throughout the book, Dr. Kristen addresses the relationship between food, movement, faith, consistency, and the emotions of a woman who wants to feel strong, healthy, confident, and whole again.

The release arrives at a time when many women are overwhelmed by competing messages about health, body image, fitness, and nutrition. Social media trends, quick fix programs, and all or nothing routines often leave women with more information than clarity. Automatic Body answers that confusion by offering readers a new way to think about why they feel stuck.

The book does not attempt to give women another short-term challenge. Instead, it invites them to step back, recognize the pattern they have been living in, and begin asking better questions about what real, sustainable health could look like in their current season.

While the broader Automatic Body system offers additional support, the book stands as the foundation of the message. It introduces the beliefs, story, and framework behind the brand, giving readers a starting point before they move into deeper implementation.

For Dr. Kristen, the goal is not simply to release another health book. It is to help women rethink the way they have been approaching their bodies and their lives.

"I want women to finish this book with hope," she said. "Not hype. Not another burst of temporary motivation. Real hope that they do not have to keep living in the same cycle. They can stop starting over and begin moving forward."

Automatic Body: Why You Keep Starting Over and How to Build Health That Finally Fits Your Life

is now available through Amazon and through Automatic Body directly.

For more information, visit wwwAutomaticBody.com.

About Dr. Kristen Broughton

Dr. Kristen Broughton is the author of Automatic Body: Why You Keep Starting Over and How to Build Health That Finally Fits Your Life and the creator of the Automatic Body system. Her work helps women build faith rooted health through simple, repeatable habits, practical movement, nourishment, consistency, and a renewed understanding of the body God gave them. Through her book, workbooks, and guided transformation system, Dr. Kristen encourages women to stop starting over and begin building health in a way that finally fits real life.

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