

Emme Bio

Emme, the supermodel, television personality, best-selling author, lecturer, clothing designer, and women's advocate has a clear mission: to awaken the inner magnificence inherent in each of us. It's no wonder *People* magazine selected her *twice* as one of the "**50 Most Beautiful People**" and *Ladies' Home Journal* chose her as one of the "**Most Important Women in America**" and one of the "**Most Fascinating Women of the Year.**" And the accolades don't stop there: she was honored as a *Glamour* magazine "**Woman of the Year**" and as one of *Biography* magazine's "**25 Most Influential Women.**"

Currently, Emme brings her love of clothing to **QVC** with *me by emme*[™], her signature line of comfortable, trend forward, sportswear separates in sizes 2-26. Emme burst onto the scene as the world's first full-figured supermodel and, as host of **E! Entertainment Television's "Fashion Emergency"**, she quickly became a popular icon not only in the United States, but around the globe. Emme's television and radio appearances are innumerable, but most recently, she was seen on ABC's **Good Morning America**, NBC's **Today Show**, CBS's **The Early Show**, **Oprah**, CNN's **American Morning**, **20/20**, CNN Headline News' **Showbiz Tonight**, **Montel Williams Show**, Court TV's **Catherine Crier Live**, **Entertainment Tonight**, **The Insider**, and as guest host of the **Joan Hamburg Show** on WOR Radio, not only as a fashion expert but advocating for women on important issues including lifestyle, the green movement, mothering, and body image.

Always a trendsetter, Emme became the first full figured model ever to land a spokesperson's contract with a cosmetics company when she signed with **Revlon**. Her views have set a refreshingly new standard of beauty both here and abroad. She is also the first full-figured model to have a high fashion collectable doll sculpted in her likeness.

A best selling author, Emme chronicled her extraordinary life and rise to success in her first book, *True Beauty* (Putnam/Perigee, 1997). Emme then shared her passionate perspective on life when she penned her second book entitled *Life's Little Emergencies* (St. Martin's Press, 2003). *Morning Has Broken: A Couple's Journey Through Depression*, by Emme and Phillip Aronson (NAL, 2006), chronicles their struggle and triumph over Phil's depression. *What Are You Hungry For?* (Harper Collins, 2007), is a newly released children's book that addresses the reality that children have many hungers, including emotional ones. Emme's status as an influential columnist was evident when she wrote her *Ask Emme* column for **MODE** magazine, and in 2008 she began to post on her *Simply Green with Emme* blog on **iVillage.com**, discussing her commitment to the green movement from the perspective of a multi-tasking mom. She can also be found blogging as a challenge coach on the **iVillage Supercharge Change for Better Health Community Challenge** and on the **Huffington Post** as a body image expert.

Emme is a vocal advocate for people of all ages to be fit and to live a healthy lifestyle while simultaneously combating societal and peer pressure to be something other than what comes naturally. One of her main messages is aimed at increasing awareness and raising funds to help treat eating and body image disorders. She was the first model to speak to these issues before a congressional sub-committee in Washington, D.C. Says Emme, "We live in a society that is based upon the attainment of unrealistic beauty. I want women to know their self-esteem is not contingent upon their dress size."

Emme's popularity as a lecturer is well earned. She promotes and exemplifies a wellness lifestyle, positive body image and self-esteem and self-acceptance as a sought after keynote speaker. She lectures at national workshops and seminars, prestigious universities including Yale, Harvard, and NYU as well as middle and high schools around the country. A cancer survivor, Emme is vocal about the need to advocate for oneself when dealing with issues of health and is a passionate speaker about learning how to balance being a mom, a professional and caring for the environment.

Emme serves in more ways than one. She is the Chair Ambassador of the National Eating Disorders Association (NEDA), is on the advisory boards of Ophelia's Place (Syracuse New York's eating disorder resource), Hearts of Gold (serving New York City's underprivileged women and children), Safe Horizon Champion for Children (addressing violence and abuse with children in the New York City and surrounding boroughs), Ethosquare (a new online media environment) and is an Ambassador for the National Multiple Sclerosis Society.

Born in New York City, Emme was raised in Saudi Arabia and returned to the US as a teenager. Syracuse University awarded Emme a full athletic scholarship where she excelled both academically and as a member of the crew team. Emme was invited to the US Olympic Team trials, as well as several US National Team trials. She was later inducted into the Syracuse University Orange Plus Hall of Fame for her significant contribution to women's athletics and to the sport of rowing. After graduation, she spent two years in Flagstaff, AZ where she was a reporter and morning anchor for the NBC affiliate KNAZ-TV.

Emme and her daughter reside in Northern New Jersey with their pet gold fish, Goldie.