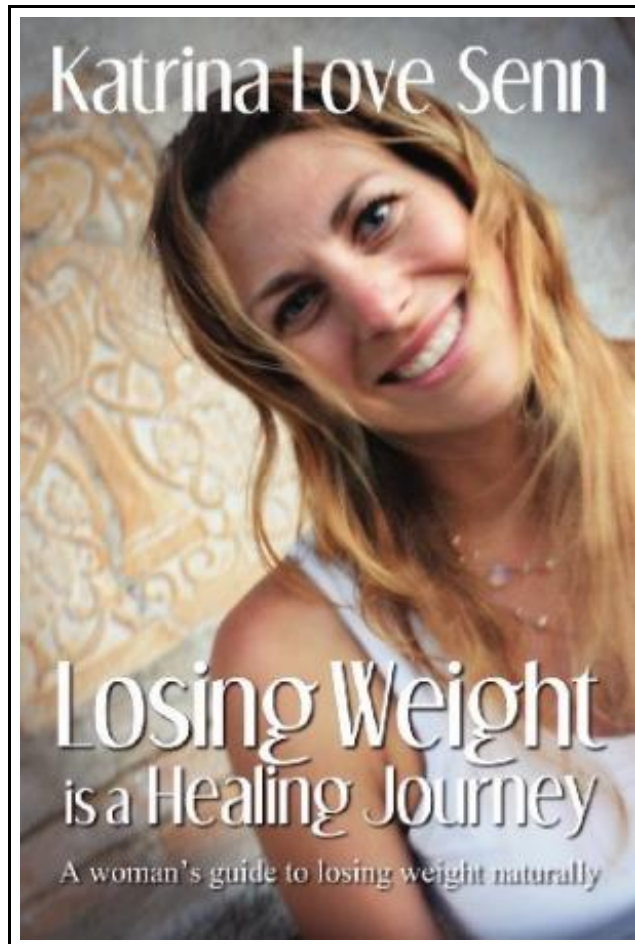


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LOSING WEIGHT IS A HEALING JOURNEY: A WOMAN S GUIDE TO LOSING WEIGHT NATURALLY (PAPERBACK)



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Katrina Love Senn, United Kingdom, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready to lose weight naturally without dieting, deprivation or drugs? This book will show you how. In a world full of junk food, fad diets, misinformation and toxic medication, Katrina s approach to weight loss is refreshingly simple and easy to follow. Whether you have a little weight to lose or a lot, this book will show you how to connect with your own healing abilities so that you can release weight effortlessly and live the life of your dreams. *** Sick, tired, overweight and just days before her 20th birthday, Katrina had a complete body break down. She spent the next couple of months bed ridden, sleeping for days on end, waking only to be spoon fed by her mother. This experience set her on a journey to transform her life once and for all. After years of struggle she discovered little known tools that helped her to heal her body naturally from within and in the process lose over 60 pounds. She has kept this weight off for over 12 years now and has used the concepts contained in this book to radically transform other areas of her life as well. Today Katrina Love Senn is a picture of vibrant health, energy and vitality. She is also an internationally renowned yoga teacher and healer. Uplifting, positive and inspirational; this book offers you a real path to transformation. It provides an aspirational and positive story for women to naturally achieve health and well being, as well as their dreams.



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