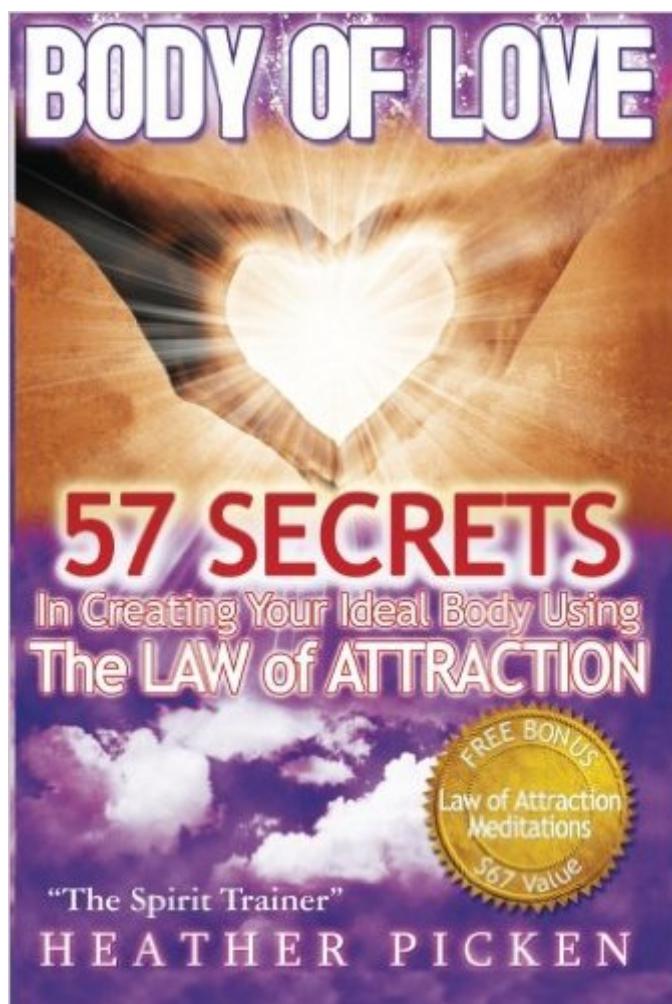


The book was found

Body Of Love: 57 Secrets In Creating Your Ideal Body Using The Law Of Attraction



Synopsis

âœBody of Love 57 Secrets in Creating Your Ideal Body Using The Law of Attractionâœshows you how to harmonize with your body and soul in creating your ideal body. This book teaches you the most powerful secrets that go beyond the traditional diet and exercise protocol. Once you apply these techniques you will become a magnet in attracting both your ideal body and whatever else you would love to have in your life.

- Â *Transform your negative emotions about your body
- *Breakthrough the barriers that have been keeping your weight stuck
- *Program your mind to be slim
- *Discover how you can attract your ideal body without having to spend hours at the gym
- *Learn how to use your intuition in guiding you to your perfect eating and exercise plan without having to invest lots of money in diet and exercise programs
- *How to finally stop self-sabotaging behavior
- *Release excess weight easily and without harmful dieting
- *Learn a technique that is 300x more powerful than visualization in attracting your ideal body

Book Information

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Customer Reviews

Firstly, I would like to say that I have personally spoken to Heather and she is the real deal! I mean, she REALLY cares and wants to help women! I first heard about losing weight using the law of attraction in Jerry and Esther Hicks book, "The Power of Your Emotions," so for those of you new to this, please know it is a real thing and a real method. That sparked my interest in using the Law of Attraction to lose weight, but there were no books out there on this topic! Jerry and Esther only touched on the subject and did not provide me with enough information to actually make a change. So, I was thrilled to receive Heather's email about her new book! Heather did not just make this up

either, she lived it! In the beginning of her book, she shares her own personal story, which for me, was basically like reading about my own life! So, for those of you who have been up and down with your weight and suffered through horrid relationships with men like both myself and Heather have, you really need to read this! After sharing her own story, Heather then asks you to do some journal writing in the book, which was new for me because I never write in books. You are asked to dig deep to discover the many reasons why you want to change your body and how it will change your life. This exercise is really important and I suggest you take the time to write in the pages and really just soak yourself into this book. Having excess weight, diseases, even common colds are all symptoms of something bigger. Your body is always trying to communicate with you in different ways. Being overweight is a symptom of something much bigger. I also took a class last year that discussed how different feelings such as loneliness, fear, etc are symptoms of holding onto excess weight.

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