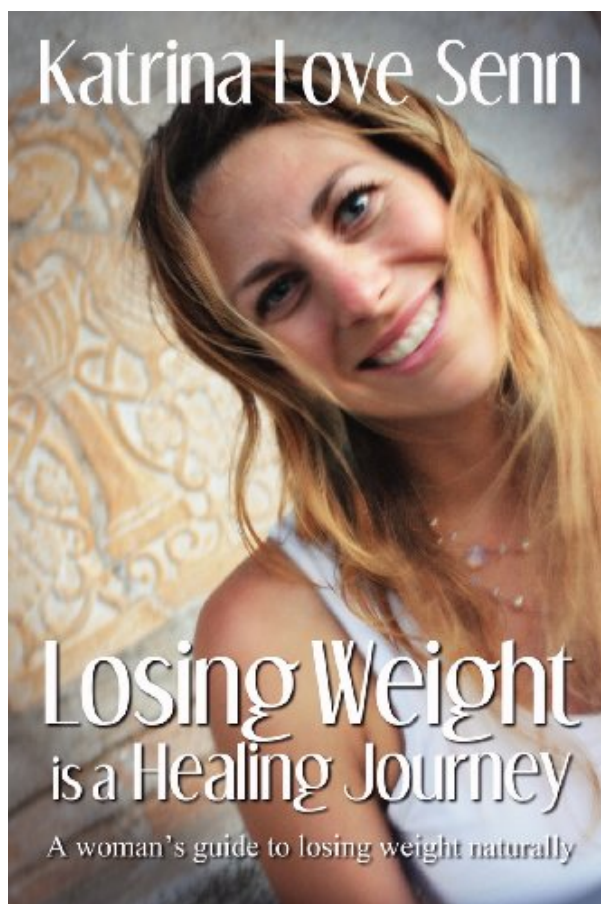
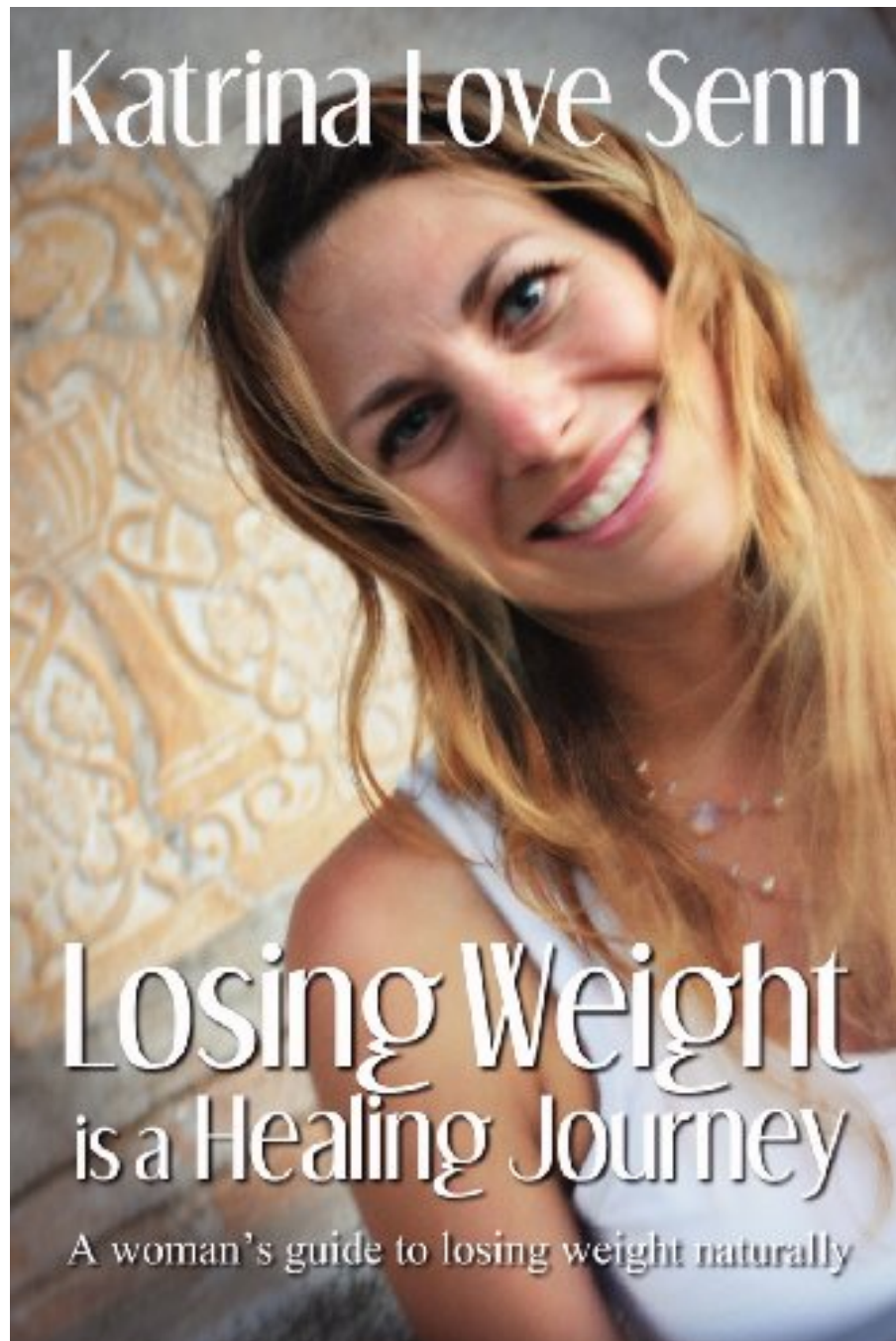


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LOSING WEIGHT IS A HEALING JOURNEY BY KATRINA LOVE SENN PDF

Are you ready to lose weight naturally with our dieting, deprivation or drugs? This book will show you how...

In a world full of junk food, fad diets, misinformation and toxic medications, 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 reconnect with your own healing abilities so that you can release weight easily and effortlessly.

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, walking 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 the weight off for over 12 years now and is committed to sharing her experience and insight so that other women can do the same. 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.

- Sales Rank: #505994 in Books
- Brand: Brand: Katrina Love Senn
- Published on: 2012-01-12
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .51" w x 5.98" l, .74 pounds
- Binding: Paperback
- 226 pages

Features

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LWN is nothing short of amazing!

By Kindle Customer

If you've struggled to lose weight and/or lost the same 10-20 pounds or more (or few stone) over and over, then you know how truly stressful, demeaning to your Soul and heart, and devastating to your metabolism that process can be. Most of us want to be radiant, full of energy, and fit into our skinny clothes, and the truly hard part isn't just eating less and moving more (whoever thinks that is all there is to being slender has never dealt with out of control emotions). The true challenge with releasing weight is in finding the guide and

approach that works for you and making the life changes required to be that happier and naturally slender self. Losing weight, like transforming any life issue, is truly a healing journey. And there is no more loving, positive guide for that journey than loving Soul and author Katrina Love Senn. A personal coach, workshop facilitator who offers yoga healing retreats in exotic locales, author, healer, and Hatha yoga instructor, her before and after pictures (60 pounds or almost 4.3 stone released forever, and the new weight maintained for years now) and her journey will both shock and inspire you and guide you to achieve your own body beauty goals. If you're ready to get off the diet treadmill, give up dieting, and stop hating your body and judging yourself, you're ready to release the weight with "Losing Weight is a Healing Journey." Follow Katrina on Twitter @KatrinaLoveSenn or check out[...] online.

10 of 11 people found the following review helpful.

Inspirational

By Anita

So many books addressing issues of weightloss are simply 'how to' guides, where the author seems to ask the reader to suspend disbelief or to leave their 'sense of self' at the door as they are asked to sign up to the authors view of 'how to do it' . if you do want a 'how to' book you most certainly will not be disappointed with this book. However for me, what stands this book apart from all the others is that it is so very much more. The book is rich with layers!

As Katrina shares her story with the reader she gently encourages and supports the reader to bring themselves to the journey. Katrina reaches out to the reader, offering a hand of friendship as she takes you on a journey, your journey! This book is personal, very very real and both inspirational and transformational. I could not recommend it more highly.

3 of 3 people found the following review helpful.

The funny thing is

By DD

I read this book in combination with Katrina's website and it completely changed my relationship with food. I began to think of food as fuel rather than something to monitor and control. For about three weeks, I transformed my diet eating only whole foods, as much of it as I wanted. During those three weeks I lost 10 pounds and then another 5 pounds over another few weeks. I began to think of myself not as a chubby person, but as a slim, attractive, fit person. The funny thing is, after I lost the initial 10 pounds, I incorporated foods that I enjoyed back into my diet. Not a whole lot, but enough so that I never felt deprived. Some days, due to work, I couldn't eat healthy. Despite that, the weight has stayed off and I don't worry about it at all anymore. I think my body must process food differently now that I think of it as fuel rather than a problem. All of this has been such a surprise for me, as after 30 years, I never imagined things could change so quick in a few weeks. I am also now thinking about how I can apply what I learned here to other parts of my life.

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