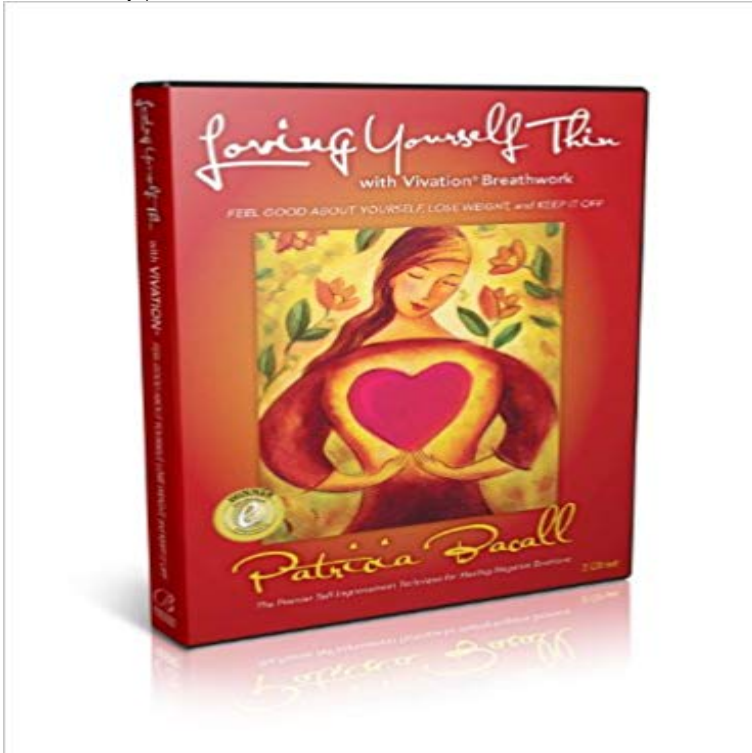


Loving Yourself Thin with Vivation Breathwork



Experience the powerful and profound effect of Vivation breathwork -- your personal emotional healing turbocharger, and start feeling good about yourself, exactly the way you are. You'll be able to finally lose weight, keep it off, and get more of what you really crave in life. With this CD set and the 10-week Loving Yourself Thin coursebook, you'll have everything you need to start your last ever weight loss program, and the beginning of a happier life. The long-awaited audio companion to Patricia Bacall's Loving Yourself Thin workbook, the Loving Yourself Thin with Vivation Breathwork CD set will give you the tools you need to feel good about yourself, lose weight and keep it off. With disc 1, you will hear Patricia, internationally recognized expert authority on emotional healing and a world-renowned wellness expert, explain the powerful, life-changing Vivation technique. With disc 2, she will guide you through a complete Vivation breathwork session. In just minutes, you will feel more relaxed and positive. By the end of the session, you will have profound breakthroughs that enable you to love yourself more at any size, and finally end your struggle with dieting, overeating and negative body image. You will radically change your relationship to food and eating, gently begin to let go of the excess weight that you've been holding on to, put a stop to dieting, and live at your ideal weight forever.

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