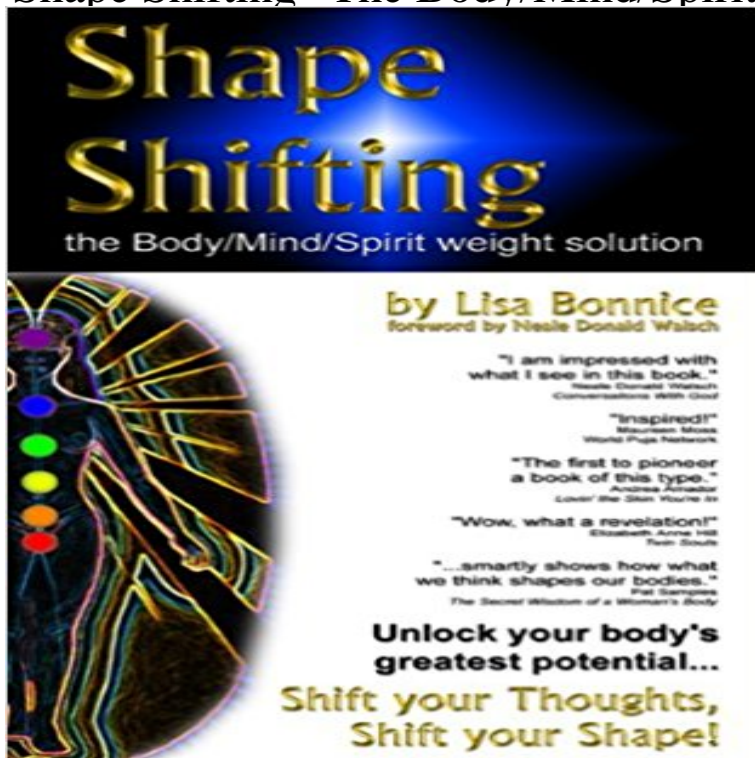


## Shape Shifting--The Body/Mind/Spirit Weight Solution



SHAPE SHIFTING = The conscious, deliberate release of old thought patterns, to create healthy changes in your body. This usually results in weight balancing--loss or gain--depending on your bodys needs. Lisa Bonnice, who lost 50 pounds while writing this book, leads you through a fascinating discussion about how we can use a new view (including the Law of Attraction) of our physical forms to bring about the authentic, genuine self that our very cells holds in their memory--a form that is simply itching to come forth, if only we would ask it to. The best thing is, as you begin the process, you see that your overall life is improving because you are becoming your authentic, genuine self and are, therefore, attracting a more authentic and genuine life. When we choose to respect and honor our physical form, it becomes much easier to create the shape we wish for it to be. It helps to know what our buried thoughts are because, whether we know it or not, we are shifting our shapes with those thoughts. We might as well make them good ones!

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