



ThetaHealing® Rhythm for Finding Your Perfect Weight

Vianna Sibal

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Written by the creator of ThetaHealing®, Vianna Stibal, this is more than just a weight loss book! It is about finding a real rhythm for your mind, body and spirit, while tapping into your inner beauty and love for yourself. ThetaHealing began when Vianna realised that she could teach other people the method that she used to cure herself from a serious health condition. It is now famous for being one of the most powerful energy-healing techniques in the world.

Now, for the first time, Vianna has compiled a book that demonstrates how to elegantly use ThetaHealing for weight loss - to unveil a strong, healthy and beautiful body that you love! Using the techniques in this book, you will be able to:

- select the right foods and supplements to nourish your body, and enjoy the foods you love without guilt
- make your body think that it is exercising while you listen to music and relax!
- release the emotions and fears that hold you back from having the body you want
- change your unhelpful beliefs into more productive and useful beliefs that will allow you to release your excess weight.

So say goodbye to calorie counting and feeling guilty, and say hello to being comfortable in your own body and finding inner peace and happiness!

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From reader reviews:

Virginia Smith:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a move, shopping, or went to the Mall. How about open or even read a book entitled ThetaHealing® Rhythm for Finding Your Perfect Weight? Maybe it is being best activity for you. You understand beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with its opinion or you have different opinion?

Jodi Saldana:

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Stacey Smith:

The reason why? Because this ThetaHealing® Rhythm for Finding Your Perfect Weight is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book have such as help improving your skill and your critical thinking approach. So , still want to hold off having that book? If I ended up you I will go to the guide store hurriedly.

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