



ThetaHealing® Rhythm for Finding Your Perfect Weight

Vianna Stibal

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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:

Carl Adams:

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Jason Serrano:

Hey guys, do you would like to finds a new book you just read? May be the book with the name ThetaHealing® Rhythm for Finding Your Perfect Weight suitable to you? The actual book was written by famous writer in this era. Typically the book untitled ThetaHealing® Rhythm for Finding Your Perfect Weight is one of several books which everyone read now. This specific book was inspired a lot of people in the world. When you read this reserve you will enter the new dimension that you ever know prior to. The author explained their concept in the simple way, and so all of people can easily to know the core of this book. This book will give you a great deal of information about this world now. So that you can see the represented of the world in this particular book.

John Damm:

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Elizabeth Maez:

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