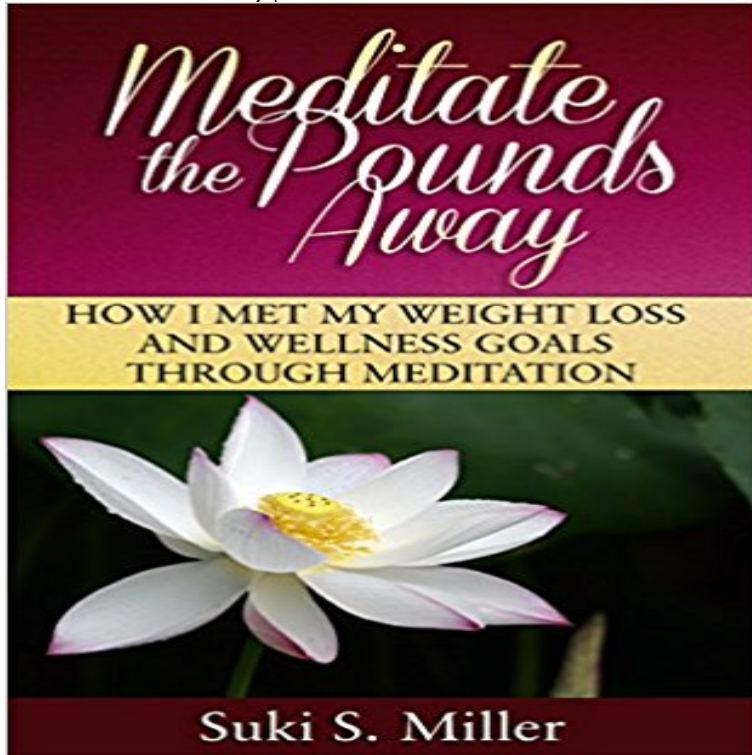


## Meditate the Pounds Away: How I Met My Weight Loss and Wellness Goals Through Meditation



Through the author's personal journey, discover her secrets to finally dropping those unwanted pounds. This must-have book moves weight loss away from the gym and into the mind, body and spirit. Her discovery? Even the most perfect diet and perfect medical test results didn't yield weight loss results without having the mind and spirit on board. Suki S. Miller had picked up pounds after two major injuries and, of course, some happy eating. After the first injury, the weight was gone in a year. But at age 38 at that time, it wasn't that difficult to lose. However, some years later and after a year of happy eating, followed by a devastating back injury making it difficult to engage in the same active lifestyle as before, the weight became stubborn. After eight years of blood testing, addressing nutritional deficiencies, removing environmental toxins and removing food allergens, the scale barely budged. During this time, even consuming high quality, organic, non-GMO and nutritious foods, only a few pounds disappeared. Calories weren't a question since there weren't food cravings. Even with exercise, the stubborn weight wouldn't leave. Yet, only two weeks after beginning a meditation regime, the weight began to fall off - a bit at first. And then in two more weeks, it began to fall away rapidly. During this time, there was no change in diet nor in activity levels. The secret is re-setting your mental and spiritual self-image. What you believe and what your mind's eye sees will happen. Learn how to train your mind, your heart, your soul and of course, your body to embrace the new you and to make it happen. The wonderful side effect? Joy, beauty, love and personal growth. Learn how the author developed a personalized daily meditation program. From her experiences, you too can: \* Take control of your health and wellness. \* Build a foundation for life-long health and

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Develop your own meditation program \*  
Set the stage for success with your  
meditation and your weight loss \* Meet  
and develop a personal relationship with  
your guides \* Meet the angels, archangels  
and spirit guides that can help you on your  
path \* Use meditation aids that will  
become second nature to you \* Develop  
your own visualizations and imagery to  
move that pesky fat OUT of your body \*  
Learn various meditation techniques to  
train your mind, spirit and body to drop  
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and can feel a new joy in life, a new lift in  
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