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# Body Of Love: 57 Secrets In Creating Your Ideal Body Using The Law Of Attraction



## Synopsis

“Body of Love 57 Secrets in Creating Your Ideal Body Using The Law of Attraction” shows you how to harmonize with your body and soul in creating your ideal body. This book teaches you the most powerful secrets that go beyond the traditional diet and exercise protocol. Once you apply these techniques you will become a magnet in attracting both your ideal body and whatever else you would love to have in your life.

- \*Transform your negative emotions about your body
- \*Breakthrough the barriers that have been keeping your weight stuck
- \*Program your mind to be slim
- \*Discover how you can attract your ideal body without having to spend hours at the gym
- \*Learn how to use your intuition in guiding you to your perfect eating and exercise plan without having to invest lots of money in diet and exercise programs
- \*How to finally stop self-sabotaging behavior
- \*Release excess weight easily and without harmful dieting
- \*Learn a technique that is 300x more powerful than visualization in attracting your ideal body

## Book Information

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## Customer Reviews

Known as "The Spirit Trainer", Heather Picken helps women create optimum spiritual fitness through strengthening mind, body, emotional, and soul alignment making each a powerful tool for Law of Attraction. She is also an inspirational speaker, Co- Founder of Law of Attraction Network for Women, and Wealth Mastery Success. Her mission is to empower the lives of millions of women in helping them connect with their spirit to change their life on a deeper level. She has over 13 years of experience in working in the areas of fitness trainer, mind-body connection, intuition, psychology, The Law of Attraction, and spirituality.

This is an awesome book! Heather does an excellent job describing The Law of Attraction and how to apply it to your daily life. She uses her own personal tabulations and how she was able to apply the Law of Attraction to each situation. If you feel stuck with the way your body looks, then this is the book for you! This book applies to both men and women.

I really enjoyed this book because it provided a "live in the moment" response to weight. Its not a cure all, but it helps in learning how to train your brain to work WITH your body, not against it. And as to the mean reviewers who commented on the spelling errors in the book....so what? I dont see you writing anything as loving and inspirational as this!

I appreciate the intention of the author, but I have to say this is the worst use of the English language I've ever seen in print. However, if you can overlook the many typos and grammatical errors, you'll find some gems of wisdom included in this book. I thought the tip about visualizing yourself from the outside was worth the price of the book.Unless you really like reading about messed up relationships, you can safely skip part one and move onto the valuable tips included in part two. There are many. The author clearly walks her talk and she offers very good advice. If only she could write as well, but that's what editors are for. Let's hope Ms. Picken can find a better proof reader next time she writes a book. She has a lot to offer and it deserves to be delivered in a more professional manner.

This is one of the most well written and thought provoking books I've read in a long time. I am a voracious reader, devouring 3 or 4 books a week, both fiction and non-fiction. This book had a lot of meaning for me. I am familiar with the law of attraction and an enthusiast of all things positive and spiritual. For awhile, I was a big fan of Esther and Jerry Hick's work with Abraham Hicks "Ask and It is Given", but this title gets more specific, drawing the reader into a place of profound depth.The author's personal journey, described at the beginning of the book, is so elegantly written that it made me smile, cry, gasp and travel with her and her friends on their emotional highway. In an effort to seek balance, she discovers obstacles that were holding her back.It isn't so much what this book says, as how it says it. Many of the ideas expressed are reflective of a special kind of awareness produced by studying sacred knowledge, and hence its allure extends far beyond most self-help books.Not only was I totally pleased with this book, I intend to read it several more times. It appeals to so many people regardless of belief system.

Firstly, I would like to say that I have personally spoken to Heather and she is the real deal! I mean, she REALLY cares and wants to help women! I first heard about losing weight using the law of attraction in Jerry and Esther Hicks book, "The Power of Your Emotions," so for those of you new to this, please know it is a real thing and a real method. That sparked my interest in using the Law of Attraction to lose weight, but there were no books out there on this topic! Jerry and Esther only touched on the subject and did not provide me with enough information to actually make a change. So, I was thrilled to receive Heather's email about her new book! Heather did not just make this up either, she lived it! In the beginning of her book, she shares her own personal story, which for me, was basically like reading about my own life! So, for those of you who have been up and down with your weight and suffered through horrid relationships with men like both myself and Heather have, you really need to read this! After sharing her own story, Heather then asks you to do some journal writing in the book, which was new for me because I never write in books. You are asked to dig deep to discover the many reasons why you want to change your body and how it will change your life. This exercise is really important and I suggest you take the time to write in the pages and really just soak yourself into this book. Having excess weight, diseases, even common colds are all symptoms of something bigger. Your body is always trying to communicate with you in different ways. Being overweight is a symptom of something much bigger. I also took a class last year that discussed how different feelings such as loneliness, fear, etc are symptoms of holding onto excess weight. We hold onto the weight for some subconscious reason such as security. And even though you can say to yourself, "I want to lose weight more than anything," you have subconscious thoughts/limiting beliefs that you are completely unaware of, that are stopping you from achieving your ideal body. Additionally, your thoughts are always in communication with the cells in your body, which is all pure energy. Your thoughts can change your body! You hold the key to change your body, rid yourself of diseases and completely change your life. Most of us walk around day to day with so many subconscious thoughts that we aren't even aware of that are self-sabotaging. This book will teach you how to reprogram your subconscious thoughts so that your "automatic pilot thoughts" will change and start telling you more positive things about yourself! It has been scientifically proven that even our GENES can be changed! So, you can stop blaming your genes for your current weight situation! (see Bruce Lipton's "Biology of Belief" for more information on changing genes) I have always felt "fat" even when I wasn't, all of my life. Heather's book helps you to stop thinking of yourself in that way (really). She provides the tools that you need to transform your negative body image into a positive body image, using these 57 secrets. Transforming your

negative body image and starting to feel good about yourself is the first step to losing weight. In this book Heather will teach you how to have a "slim body consciousness." All of this makes a TON of sense to me! I eat far less than my thin friends (FAR LESS and healthier) and yet they stay thin and I don't?! I exercise regularly and they DON'T! I knew there had to be something else that I wasn't getting. This book is the key to changing your body and your life. After all, doesn't anything we accomplish begin with our thoughts and our consciousness? Your life is a 100% reflection of your thoughts and your consciousness. This is really a breakthrough book that EVERY WOMAN IN THE WORLD SHOULD HAVE! I can't recommend this book enough! I have purchased 20 books from in the past month and if I could have only purchased one, it would be Heather's book because it is extremely life altering. Changes are made from the inside out. If you want to change the outside, you need to begin within. That is hard to do without guidance. Heather will guide you every step of the way into creating the body and life of your dreams. I was also recently on a teleseminar call with Heather where she discussed her work and her book and I can tell you that she really knows what she is doing. She worked with people on the phone line and made them feel much better and realize things about themselves that they were unaware of! I suggest you follow Heather's work because she is also working on more life-altering books that I can't wait to get. If you only buy one book this year, please make it this one! She is also offering amazing free bonuses online when you purchase the book. Details for accessing the many bonuses are inside the book, including a "Spiritual Fitness Ebook," "Create Your Ideal Body Meditation" and also an audio containing "Powerful Body Messages," among many, many more! She is also offering a program along with this book that you can learn more about on her web site at [...] I can promise you, if you purchase this book and practice the processes within, you will change your body and your life! This book should be handed out to young girls in every high school classroom in the world! THANK YOU SO MUCH HEATHER FOR WRITING THIS! [...].

I just would like to say thank you to Heather Picken for incorporating the valuable elements of the Law of Attraction into an easily readable book with several great exercises included, which will help any woman who wants to release unwanted weight find ways to successfully do exactly that! There are many pathways to success, but when it comes to diets, WAY too many that lead to failure. Heather Picken understands that fully, and writes clearly about how women can take affirmative action in controlling their bodies and changing their attitudes to healthy ones with relationship to loving themselves, and how they perceive and use food/nutrition. An excellent motivational book for any woman who wishes to make healthy, permanent changes in her body and her life. Bravo,

Heather!

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