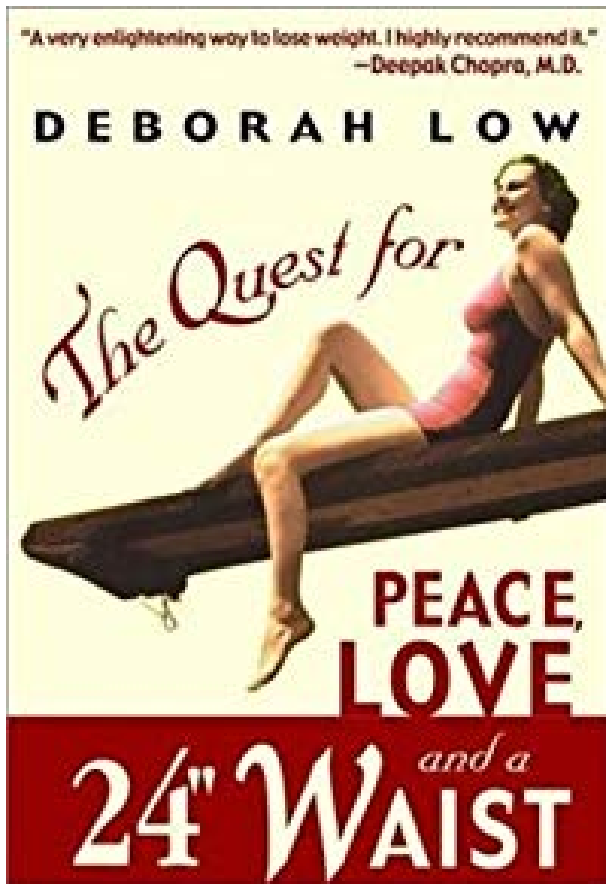


The Quest for Peace, Love, and a 24" Waist



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We live in a society where the pressure to be thin often overshadows our emotional and spiritual well-being. Millions of women measure physical and emotional health with the bathroom scale. Happiness is not found in a 24-inch waist nor in the number you see beneath your toes. In this powerful and spiritually inspiring book, you will understand the issues surrounding body image and weight loss—you will learn how to stay motivated, eat well, and exercise properly. This book also provides a proven daily recipe to help you: □ Connect with your spiritual nature □ Make peace with your body □ Lose weight with joy Losing weight is a legitimate goal, but losing your spirit along with the pounds is not.