



Lighten Up Your Body, Lighten Up Your Life

Lucia Capacchione, James Strohecker, Elizabeth Johnson

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Beyond diet and exercise--here is the missing component
for staying slim and fit.

If you keep losing the same ten pounds over and over again, this is
the book for you.

Based on their very successful "Lighten Up Journal" workshops, the
authors offer playful and creative tools for reclaiming the body that
nature intended for you.

Using drawing and writing exercises, you can transform attitudes and
beliefs that shape your body image, learn to live comfortably in your
body, nurture and feed the hungry child within, and dear the way for
your perfect body to emerge.

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