

Your Sacred Body

**Preview
Edition**



*An Uncommonly Sensible Approach
to Dieting, Weight-Loss
and Self-Transformation*

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*An Uncommonly Sensible Approach to
Dieting, Weight-Loss and Self-Transformation*



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To Stephanie, Robert and Jana —
you keep my fire burning.

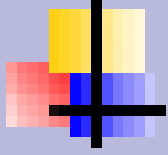
This book could not have been born without the collaboration of my trusted life partner Ed Kriege, whose loving eyes pointed out its strengths and weaknesses and helped to make course adjustments along the way. I wish a person like him into everyone's life — he has been witness to my struggles and been my firm supporter, not because it serves him, but because it helps me to realize my potential. I wish to thank him for seeing the diamond in the rough and loving me enough to 'teach me how to fish'.

I would also like to thank my dear sister, Debbie Valiquet, who, through her constant love and attention, schemes and dreams with me to live a more meaningful life.

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Introduction



There's a saying of dubious origin that goes "*May you live in interesting times.*" At face value this quote appears to be a blessing, but its actual intent is that of a curse!

We live in interesting times. Never before has mankind been presented with so many choices, so many opportunities, so much information. When it comes to the care and feeding of our bodies, at every turn we are inundated with advertisers, diet experts and exercise gurus telling us what we should do to satisfy our physical selves.

Yet in the United States today obesity is at an all time high. Much of this problem is due to our fast paced, high stress, low calorie burning lifestyles. The Hopi Indians have a word for this — *Koyaanisqatsi* — Life Out of Balance.

To combat the problems we have with the sizes and shapes of our bodies, an army of diet plans has arisen. 80% of American adults are on these plans, and 98% of them fail! It is therefore abundantly clear that dieting, in its current forms, is not the answer to the growing weight problem.

Until now, there has been no alternative strategy to the diet fads to which we turn. We have had to choose between suffering through yet another diet plan and resigning ourselves to our bodies as they are, along with the potentially negative health consequences.

Most of us, in our quest to better ourselves, want to improve our shape, our health, and the way we feel. If these famous diet plans haven't been able to accomplish this goal, what can we do?

Your Sacred Body — *Introduction*

Your Sacred Body takes a different approach — one that will teach you to help yourself by (re)learning to trust in your own innate ability to choose the right foods in the appropriate amounts. You'll renew your acquaintance with your food preferences and reintroduce the delicious, nutritious foods you have always loved back into your diet.

Your Sacred Body will teach you how to cultivate optimal health without sacrificing enjoyment. You'll no longer need to depend upon the whirlwind of confusing and contradictory information that's out there.

Your Sacred Body will help you to understand and mitigate the reasons that you eat for comfort, boredom and stress relief.

Your Sacred Body will teach you how to rediscover your natural built-in control system.

Finally, *Your Sacred Body* will encourage you to take your newfound knowledge and share it with others — for it is in the service of others that our healing can reach even higher levels.

In the Tao Te Ching it is written that “the journey of a thousand miles begins with a single step”. Right now you're taking your first steps on the journey to your sacred body. As you continue to take these steps, please stop frequently to smell the roses and enjoy the (in)sights, for it is in the enjoyment of this journey that you'll reach the destination of Your Sacred Body.

*“To everything
there is a season,
and a time to
every purpose
under the
heaven.”*

- Ecclesiastes

Your Sacred Body — *Information*

***For
More
Information***



Thank you for taking the time to explore this preview edition of *Your Sacred Body*.

For more information and to order the complete edition of *Your Sacred Body* please go to:

<http://www.yoursacredbody.com>

You are also invited to join the *Sacred Body* online forum at:

<http://health.groups.yahoo.com/group/yoursacredbody/>

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