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LOSE THE DIET – Transform your body by connecting with your soul

By Kathy Balland

FOR IMMEDIATE RELEASE

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WANT TO GET OFF OF THE DIETING YO-YO?

“A weight imbalance is a physical manifestation of the lack of connecting with yourself” says mind-body wellness expert Kathy Balland, who has written a book called *Lose the Diet - Transform your body by connecting with your soul*. Unlike diet books that lead to uncomfortable food deprivation that ultimately causes weight gain, *Lose the Diet* allows you to *permanently* drop the diets and the weight.

The book is your complete, easy-to-use guide for reconnecting with yourself and discovering your power to achieve and maintain a healthy weight naturally — without diets. The insightful tools and information contained in *Lose the Diet* help you to find balance — from the inside out. You’ll find *real* answers that will permanently end your need for dieting. Instead, you’ll find the good health and happiness that you deserve. *Lose the Diet* shows you how.

(More)

ABOUT THE AUTHOR: Kathy Balland is a wellness coach and an expert in the mind-body-soul connection in the areas of weight and stress management. Clinically certified in hypnotherapy, her work with clients in addition to her own weight management has provided deep insights into the real causes and their remedies that finally released her and many others from the weight war, once and for all.

ORDERING INFORMATION: **Lose the Diet – Transform your body by connecting with your soul** (Health & Fitness) by Kathy Balland. Number of Pages: 240, Trim Size: 8.5 x 5.5 is available from AtlasBooks Distribution, Phone: 1-800-BookLog, Website: AtlasBooks.com, for \$19.95 for softbound edition, plus shipping and handling (and sales tax for Arizona orders).

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