Love Your Body

Join Tracey Renee McKee, Certified Hypnotist and Soul Coaching©Practitioner, as she guides you through a 28-day journey to rediscover and reignite the sacred connection between your soul and your physical body. Our bodies are sacred vessels that we hand selected to carry out our life purpose. No matter what size, shape or age, we should cherish and love our bodies, even when life's challenges may distract us from maintaining our healthiest and fittest versions of ourselves.

The foundation of the Love Your Body program is that each person's journey is their own. Deep within every being is a place of infinite wisdom; a place that knows what is needed. The ultimate goal is to tap into that place within to gain the needed inspiration and insight to activate the healthiest version of you. Whether you do this program individually or with others, you will accomplish more than you thought possible because you are making a commitment to yourself.

This program does not promote a particular kind of diet, exercise, or weight loss regimen because there is no one way that is right for everyone. Rather, the three main areas of focus are:

1. Being conscious of what you eat, drink, and how you move your body
2. Living in a spirit of gratitude for every part of your body
3. Watching for signs from the Universe regarding your body

The best, lasting results come through joy and celebration and each day, for 28 days, you will focus on a specific area of your body and do just that. You will be given a journal with daily questions to reflect upon as well as action steps to nourish and send healing energy to the specified body area. In addition to all materials being provided, including at-home weekly Soul Journey meditations, you will experience five weekly themed hypnosis sessions to further support your personal goals.

Whether you want to drop a few pounds, boost your energy level, improve your health, feel better about yourself, or all of the above, now is the time to honor your body!

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