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EMPOWERMENT



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November 1st 2016: Are your judgments real?

What if the judgments you have about you are not real? What if the judgments you have about your body are not real? Did you know that one of the number one causes of weight gain, pain, suffering, emotional turmoil, aging, and lack of change is judgment. Judgment creates density, solidity, and the inability to change something with ease. What if there was another way to create change quicker with more ease? Is it time to go beyond judgment and create a whole new way of being? If so, join Dr. Lisa with guest, Katherine McIntosh CFMW, a Certified Access Consciousness Facilitator, body e

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Featured Guest



Katherine McIntosh

Katherine McIntosh is a coach, consultant, facilitator, and body expert. She is the founder of the No Judgment Diet, an International course in possibilities for the body that has helped hundreds of people in over 18 different countries get out of judgment with their bodies to create the business and life they love!

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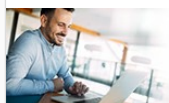
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