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**Beyond Abuse, Beyond Therapy, Beyond Anything**  
**Tuesday at 10 AM Pacific**  
**June 21st 2016: The No Judgement Diet**

Judgement is the #1 killer of dreams and possibilities. What judgments do you have that keep you feeling like you are trudging through mud? Holding you back? Keeping you unhealthy? Making you broke? Have you experimented with every tool you know is right, and still no celebrating your success? Join Dr Lisa with her guest Katherine McIntosh as they explore the wrong way, the right way and YOUR way to bring your dreams to fruition.

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### Featured Guest



#### Katherine McIntosh

Katherine McIntosh, founder of The No Judgment Diet is an International speaker, facilitator, consultant, and best-selling author. Known for her expertise in combining the body's wisdom with business creation, she helps people transform their bodies and grow and expand their businesses & consequently every area of their lives. Her straight to the point methods help people from all over the world change the things they think they cannot change. Her clients range from 6 & 7 figure entrepreneurs, to actors, musicians, and rock stars of all walks of life. Katherine believes if you have a vision, you also have all the wisdom and resources available to actualize that vision!

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