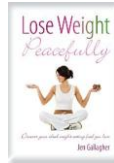


Testimonials and Reviews

Lose Weight Peacefully

Discover Your Ideal Weight Eating Food You Love



Available in all good book stores from Dec 1st 2009 RRP \$24.95

For further information or to arrange an interview, contact Jen on 0401 089 233 or go to <http://www.loseweightpeacefully.com>

“Before you go on your next diet after the festive season, take a look at Jen Gallagher’s new book called ‘Lose Weight Peacefully’. This book provides an alternative approach to losing weight by addressing the underlying thoughts and emotions behind problematic eating patterns and negative body image. Jen shares her heartfelt journey and transformation- explaining how she lost 30 kilos naturally and peacefully. Jen is a qualified counsellor and aromatherapist and says, ‘Once we focus on living, rather than on dieting and losing weight, we become happier and more confident.’ This book is a breath of fresh air and addresses the core issues associated with weight issues. There are also some great tips about foods and essential oils to help you on your journey.”

Vanessa Finnigan, Editor, *Holistic Bliss Magazine* (Book Review December 2009 edition)

“If you are still dieting, stop, read this book and get on with your life. The weight will fall off. It did for me!”

Michelle Wells (*Client*)

“The book has married Jen's own inspiring story with ideas and suggestions that helped her and are useful to others. I especially agree with her approach to emotions. Jung said, ‘Neurosis is always a substitute for legitimate suffering’ and I have found his words to be true with the many addicted clients I have worked with. The book also attests to this truth with the exploration of emotional eating and food addiction. Jen explains in detail how to identify the disturbing emotions underlying food obsession and how to address them. Congratulations on a book that will help many.”

Karen Nixon, *Registered Psychologist*
