



# **Within: A Spiritual Awakening to Love & Weight Loss**

*Habib Sadeghi*

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# Within: A Spiritual Awakening to Love & Weight Loss

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## **Within: A Spiritual Awakening to Love & Weight Loss** Habib Sadeghi

In his latest book, Dr. Habib Sadeghi provides a compassionately based, scientifically sound approach to the missing ingredient in the weight-loss recipe: self-love. You'll learn that real self-love is far more than an ethereal concept. It's a tangible evolutionary force that will create changes in your life that can only be described as miraculous. Did you know that the electromagnetic power of the heart is five thousand times stronger than that of the brain? That's the power of your love, and you'll learn how to harness its healing energy by taking one simple step.

You'll discover the exciting emerging science of epigenetics and that fat is not all in the family. You've never been doomed by your genes and have far more control over your weight than you ever realized. Most importantly, this program was created, from compassion and experience, by someone who has been there. You'll be amazed and inspired as Dr. Sadeghi shares how this program created a profound healing in his own life. So prepare yourself for a revelation that combines the latest science with spiritual nutrition for a quantum weight-loss program that serves up a satisfying portion of real soul food. Take the journey to discover where the answers have been all along . . . within.

All proceeds from *Within* will be donated to Roots of Empathy, University of Santa Monica and Healing Institute of Beings.

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