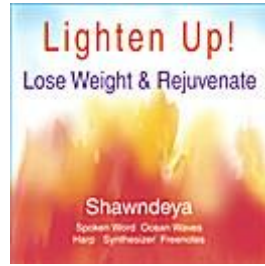


Mp3 Shawndeya - Lighten Up, Lose Weight And Rejuvenate



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Spoken word with harp and synthesizer in a delightful combination of affirmations, visualizations, breathing love and color and fun- with a focus on health 7 MP3 Songs SPOKEN WORD: With Music, NEW AGE: Healing Details: Lighten Up is an effective tool for weight loss by using the main principles of creativity: affirmations and visualizations. Breathing exercises, attention to healthy choices and a light hearted attitude add to the variety and charm of this powerful self improvement tool. The main thrust is a focus on building health. With healthy choices weight can normalize. It is important to listen to the CD often. However one can have it as background after a focused initial listen. Shawndeya is a musician-harpist flautist, oil painter and graphic artist. She has been interested in wholistic health and in the creative process for decades. This CD is a result of combing her love for building health, helping others and the conscious creative process. She has other self help CD's for pregnant women and new mothers (Surfing for Birthing and Healthy Habits for the pregnant and new mother) and a very effective deep relaxation induction for stress relief and insomnia- also available on CD Baby. You are invited to check out her her paintings and unique music cards with CD's on her website.

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