

A Message from Shaped Within founder and creator of the Shaped Within program, Adele Spraggon

I'm so excited to share my journey, along with many others, in *Shaped Within: Reshaping Weight Loss*. Reading these success stories will give you meaningful hope so you too can achieve true freedom from dieting, blame and shame. I understand what it is like to be overweight. I have spent many years obsessing about eating and have felt the sting of failure when the weight inevitably crept back on after I relaxed my diet.

My struggle caused me to question: "Is there a better way?" To answer this question, I drew upon my extensive experience as a coach, adult educator, meditation facilitator, and Kundalini Yoga instructor. I also drew on the years of study gained obtaining a Master of Arts in Humanities, and my own inner journey of over twenty years of meditation. The result is the creation of a program that is totally unique in its approach and miraculous in its results.

Welcome to Shaped Within. Rest assured this is not just another diet. I will not be telling you what to eat or when to eat or even how much to eat. Rather, the tools and techniques provided will have you reconnect with your body so that your body steps into its rightful place of being in control of your eating. As you relearn your body's wisdom, you will feel alive, vibrant and full of energy.

This is so much more than a weight loss program. In fact, weight loss is just an added bonus. Connecting to your body will have you fall madly in love with yourself by releasing the patterns that led to your initial weight gain.

My commitment is that you will come to see yourself as the miracle you are. Let's start this journey together.

Adele Spraggon