

Publisher's Note for *Shaped Within: Reshaping Weight Loss*

Adele's years of research, invaluable personal experience, and asking the right questions, have given virtual bloom to a timely technique, blending eastern wisdom with a western approach. Although this book focuses on weight loss, the amazing philosophy behind its approach will draw you in as you discover how it can be applied to so many areas of your life. It will definitely make believers of the skeptics . . . finally.

As publisher and editor of *Shaped Within: Reshaping Weight Loss*, we're thrilled to be part of the process to introduce this unique and valuable concept to you. And we can hardly contain our excitement as Adele prepares to work on her next projects, including *Shaped Within: Reshaping the Wine Hour*. We invite you to get on board and go on this fascinating journey with Adele. We have!

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