

Testimonials for *Shaped Within: Reshaping Weight Loss*

“Adele has discovered a new way to stop self-sabotage and eliminate bad behaviours effortlessly. Reading the real-life case studies of how her method has affected others positively gave me goose bumps and the feeling that I can do this too!”

Patti Pokorchak, Small Business Expert, Down to Earth Marketing

“A cruise and LA restaurants and I am down another 2.5 pounds in 11 days. Cool... you’ve got something special in this work of yours. It is beyond language.”

Grace Christian

“In this human experience we all have annoying patterns that we repeat, even though we know better. Adele has created a profound process where you can define these patterns, make space for them, deconstruct and then observe them without expectation. I highly recommend that everyone read this book, especially if you have any frustrating patterns you want to resolve.”

Charlene Day, Author of the bestseller *The Immune System Handbook: Your Owner’s Manual*

“Initially, at the start of the program I was counting calories and had started losing weight. When the conversation about control versus ease came up, I stopped doing that. I was worried how I would know when I’ve eaten too much but was enjoying listening to my body. At first I had to really concentrate to hear it, but now it’s getting easier. In a distrustful moment I hopped on the scales to make sure I wasn’t putting on weight to find that I’m 3 pounds away from my declared ideal weight at the start of this programme.”

Laura Russell

“I wanted to share that I got on the scale yesterday because I wanted to weigh my two giant cats. I weighed myself and then held each one. Doing this I realized I have lost 14 pounds since I started the program in the fall. I knew I had moved a few belt notches over, but literally did not realize I had lost this much weight. When you say effortless, it really is effortless! No diet.”

Michelle Davis Mechem

“I participated in *Shaped Within* and was I ever blown away. Adele’s course gets to the fundamental roots of why we do things. This is completely life changing. I have tried many diets and fads over the years and yes, you lose some weight, but it always comes back and then some. Well no more. With Adele’s course I was able to break through my patterns quite quickly. The amazing part of this course is that it not only pertains to weight but to many other areas. I was able to work through an issue with my daughter, which typically would have caused me much angst. Adele has an amazing ability to listen and articulate back what she has heard you say. When she facilitates she can identify and clarify in such a way that helped me achieve my goals. I would recommend this course to everyone.”

Marketka Kubicek

“Truly a miraculous program. After just three weeks I had an amazing breakthrough, effortlessly freeing me from years of self-sabotaging eating and drinking patterns. Learning how to love and trust my body, I am not only losing weight; I am gaining more and more self-love and respect. I have a new relationship with my body and myself. Simply by learning how to listen to my body and becoming aware of my emotions and motives, I am now eating consciously rather than compulsively!”

Elizabeth Home

“I am not on a diet—I am eating foods that my body loves!! Foods like yogurt, granola bars, carrots, orange juice, bananas, pineapple, and eggs, to name a few. I’m not just eating empty calories. I tell my body every morning that it can trust me to give it what it wants and it has been easy, effortless, and fun!! I’ve already lost 2 pounds this week, and I am eating much better and healthier than I have been for months!!! Whatever has happened is wonderful. I don’t crave sweets; I don’t want sugar or chips or cookies or even ice cream!!! And I could have those things—if I wanted to. I just don’t want them. Amazing!”

Georgann Gambill