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Personal Growth

BODY TRANSFORMATION INSIDE-OUT

Tricia Brennan

Read by Tricia Brennan

Gentle yet assertive, intuitive counselor Brennan presents an hour-long journey into the altering of deeply held ideas about one's body and self-worth. The soft-voiced Briton initiates an insightful and inspiring lecture peppered with affirmations followed by guided meditation. Brennan's understated vocal style serves to relax listeners, vastly increasing the potential success of the CD's contents. Her choice to limit the recording to a single CD avoids the content-bloat of many such recordings, giving listeners the option to put this one on repeat, or repeatedly, for maximum self-worth and potential weight-loss enhancement. D.J.B. © AudioFile 2006, Portland, Maine [Published: APR/ MAY 06]

Personal Growth • 1 hr. • Unabridged • ©2005

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