

VOGUE HEALTH



**TRANSFORM
YOUR BODY**

You know you should exercise, you know you should change your eating habits, but somehow, something seems to be standing in the way. The key could be a more holistic approach, according to intuitive counsellor Tricia Brennan. Her one hour *Body Transformation Inside-Out* CD employs meditation and creative visualisation techniques to help to transform internal self-image, build confidence and self-esteem, and in turn make healthy lifestyle changes. For more information, visit www.triciabrennan.com



health dept.

KNOW YOUR BODY AND MIND
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