



Hi! You're here! I'm so glad you decided to take action because you've taken your first step in the 10 steps necessary to guarantee you feel more confident, more juicy and more sexy from the inside out. Women who've taken my program have gone from feeling totally resigned, disconnected from their sensuality, frozen with insecurity and hiding... to sizzling up their marriages, attracting great men to date, having way more delicious fun in their lives, become more orgasmic and sexually free and feeling more at peace with exactly who they are. And all this is possible for YOU TOO if you gift yourself with this juicy program.

### **Learning To Love Exactly The Body You Have**

Notice where you hold back in life because of your body, hiding in shame, uncertain about your power, withholding in conversation, resistant to being spontaneous and free. How do you talk to your body? How would you feel if YOU were your thighs? Can you imagine the power and passion you'd feel and the freedom you'd have in your life if you were at peace with exactly the body you have now?

I grew up as a dancer judged by my body, then I was a model in Tokyo again judged by my body. Then my first husband, once we moved to NYC helped me by insisting I throw away my "skinny" jeans and create both a powerful mind AND a powerful body. I began to source my power from the inside out. Then years later, I was married to my second husband and was in killer shape teaching pilates. Then I got pregnant, gained weight, broke out in all this acne on my shoulders and back from the hormones and couldn't do a thing leading them in class! And THEN I came back with leaking boobs and sleep deprived. The process of showing up imperfectly perfect helped me again source my worth from the inside out. Now, when I lead my Permission for Pleasure Group Coaching programs, among other things, I add a dance class to the curriculum. Myself and all the ladies got dressed up strippers and had a lap dancing lesson and faced all judgments of self and competition with others and by the end of the lesson we were a solid sisterhood, inspired by each other's expression merging sexuality with the sacred.

Homework: Go lingerie shopping and dance in your new underwear in front of the mirror every night learning to accept, embrace and love every inch of you, even the cellulite and stretch marks. Put on sexy, empowering or seductive music and say to yourself, "I accept you, Body, exactly as you are, and I'm grateful for you."

You may feel like a dork, you may cry, you may NOT want to look and send love to the areas you normally send judgment, but do it anyways. Watch what happens. Just one week of this you will see a difference in your joy and confidence. Promise to do it to the best of your ability? Good. Taking loving action is how you get results in life. My program has worked for hundreds if not thousands of women quickly, easily and naturally for a woman just like you.

But I need to warn you. Please do not sign up for the next 9 weeks unless you're really ready. Because when people ask, HOW are you?... you're no longer going to be able to complain... "Well, still single, trying to lose weight, met this great guy but then he dumped me, but I'm OK." Now you'll be able to say, "Great. My life is really working. I've actually never felt more sexy, confident and juicy. I'm happy with exactly who I am perhaps for the first time in my life. I'm really grateful." Now this is going to be very boring for your ego with nothing to complain about ... but sensational for your heart and soul so you can be a beneficial presence on this planet, sister!

I invite you to love yourself by signing up for the next 9 weeks so you can guarantee you'll attract the love and attention you deserve by being exactly who you are, a confident sexy woman. And for taking action today, I'm going to give you instant access to my \$37 CD for FREE called "The Secrets to Finding and Keeping a Bad Boy Nice Guy." - which is what we all secretly want, yes? So sign in now for two low payments of \$49, that's it, and receive the \$37 CD for free.

So off you go and sign up NOW, go lingerie shopping and I'll see you next week!

Deliciously yours, Allana