

F O R E W O R D

by Harvey Diamond (author of *Fit for Life*)

I have devoted my career to preventative health care with inner cleansing. The focus of my FIT FOR LIFE program has been on physical health and wellness through natural nutrition and care for the body.

There is emerging evidence that emotional cleansing is equally important for a comprehensive program to avoid illness that suppressed emotions can cause. Most of us have experienced the onset of physical illness at a time of vulnerability caused by emotional stress.

Colleen's book *Pocket Guide to your He♥rt* is an important tool that each of us can use to cleanse ourselves emotionally. I believe, to achieve a happier and fuller life, we need to find the inner peace that is an important part of our personal preventative health care.

Colleen's three simple formulas provide a method for anyone to connect with their self-worth and inner strength and to find the inner peace and joy we all long for in our lives. Her approach focuses on our ability to heal ourselves by taking responsibility for our own happiness. The key to her technique lies in the fundamental truth that the spirit we were each born with is pure light. Each of us can at anytime reveal that light by using her formula to remove the density and heaviness of past wounds, unfelt emotions and daily challenges.

From that wonderful self-connected place, you can **look** within to find your answers; you can then **live** in peace and fulfillment, instead of fear and negativity.

The result of this process of clearing the past resentments, suppressed hurts and uncomfortable emotions, is that everything can flow freely and easily with radiant attractive energy of peace and confidence.

Pocket Guide for your He♥rt program creates a support system for people to healthily take care of fears, angers, and disappointments. Once you release your uncomfortable feelings and let go, you will find that there is more space inside you that is lighter and healthier. This wonderful place of self-worth, love and peace will naturally **lead** and inspire others.

Pocket Guide for your He♥rt formulas provide three simple tools that anyone can use to bridge the inner connection to well-being and self-worth and a healthy relationship with yourself and your life. Emotional health is also **Fit for Life**.

Take care of your emotional body without **MEDICATION**.

All God's Blessings
Harvey Diamond

HARVEY DIAMOND is the co-author of the # 1 New York Times bestseller, FIT FOR LIFE, which has sold over 11 million copies worldwide and has been translated into 32 languages. Internationally known as an author, teacher, and health consultant, he has appeared on hundreds of radio and TV programs including Larry King Live, Oprah!, Nightline, and Good Morning America. He lives in Sarasota, Florida. Harvey's recent book is called FIT FOR LIFE NOT FAT FOR LIFE.

*To find out more about Fit for Life or Harvey Diamond
www.fitforlifeforlife.com.*