

I would like to introduce you to my new book, *Fit for Love—find your self and your perfect mate.*

*Olga Sheean*

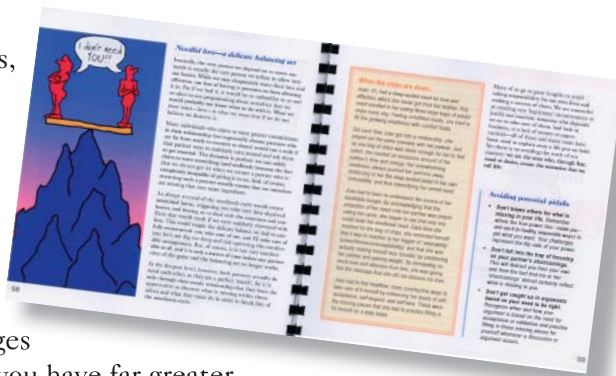


**Olga Sheean**

is a professional bio-kinesiologist and life coach specializing in relationships, nutrition, body-mind integration, and holistic well-being. She has studied several branches of kinesiology, in addition to Body Alignment Technique, interpersonal dynamics, intuitive healing, and conflict resolution. In her years of private practice, she has developed powerful techniques for tapping into the body's inner wisdom, and for rapidly identifying and overcoming dysfunction, thereby eliminating the need for lengthy therapy or counselling.

This book is a practical, metaphysical guide to creating healthy relationships—with yourself as well as with your partner. And if you don't have a partner, it will show you how to create the ideal match for you.

With 128 pages packed with exercises, tips and innovative techniques, *Fit for Love* also provides you with the means to heal emotional wounds, embrace your full potential and have a powerful, positive impact on your world. If you diligently apply the principles described in this book, you will see dramatic and rapid changes in your life. You will also realize that you have far greater control over what happens to you than you could ever have believed possible.



*Fit for Love* is available via my website ([www.olgasheean.com](http://www.olgasheean.com)) or from me directly ([fitforlove@olgasheean.com](mailto:fitforlove@olgasheean.com)). It will shortly be available on amazon.com and in bookstores. It is fully illustrated and spiral-bound for easy use as a workbook.

**\$33.50** (Canadian dollars), plus shipping\*

\* CAD\$2.45 within Canada; CAD\$7.50 to the US; and CAD\$11.60 for international

*Fit for Love* is published in Canada by Inside Out Media

### What people say about Fit For Love

“A road map for creating successful, healthy, loving relationships. I only wish I had read it 45 years ago! Read this book before going out on any more dates. *Fit for Love* creates breakthroughs in all areas of your life.”

—Michael Bradford, international speaker, workshop leader, life mastery coach and author of *Hands-on Spiritual Healing* and *Soul Empowerment*

“*Fit for Love* is a ‘course-in-a-book’ that we all should take before making a commitment to love.”

—Sandy Levey-Lunden, personal life coach, seminar leader and teacher

“A highly readable book—funny, profound and full of wisdom. Olga Sheean shows you how to recognize and overcome your fears to heal yourself so that you can enjoy healthy relationships—in all ways.”

—Tanis Helliwell M Ed, founder of the International Institute for Transformation and author of *Take Your Soul to Work*

“A practical and insightful book that reveals how our relationships are powerful pathways to self-realization and personal fulfillment.”

—John Kehoe, author of *Mind Power into the 21st Century*