

STOP GETTING SICK



START LIVING WELL

Live Your Best Life by Listening to Your Body

Jamie L. Saloff



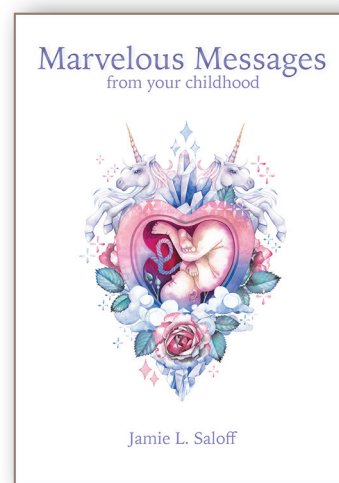
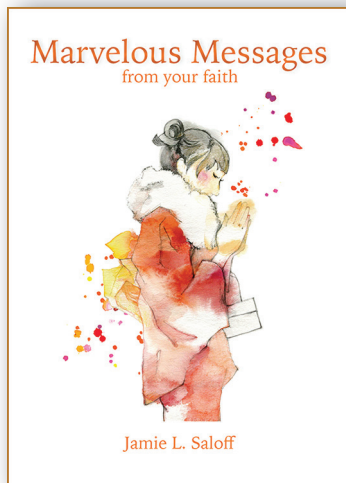
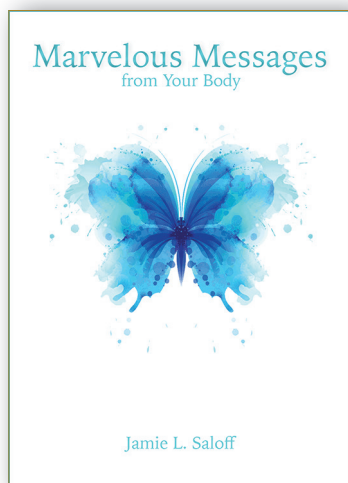
Author and Lily Dale trained intuitive, Jamie L. Saloff teaches new ways to listen to your body, tap into your internal guidance, and follow your heart. Using her *Marvelous Messages™* process, discover the guidance all around and within you to clear life blocks, old baggage, and self-limiting beliefs. Discover the wondrous and joy-filled life awaiting as you arise and answer your soul's sacred calling.

www.MarvelousMessages.com

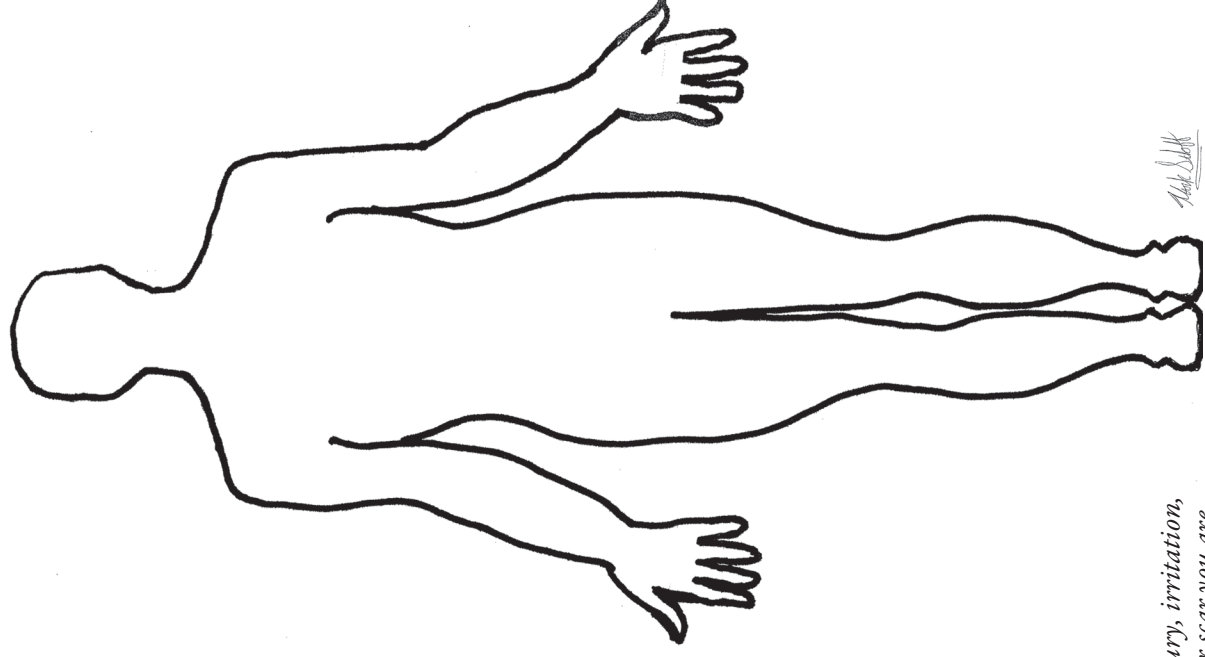
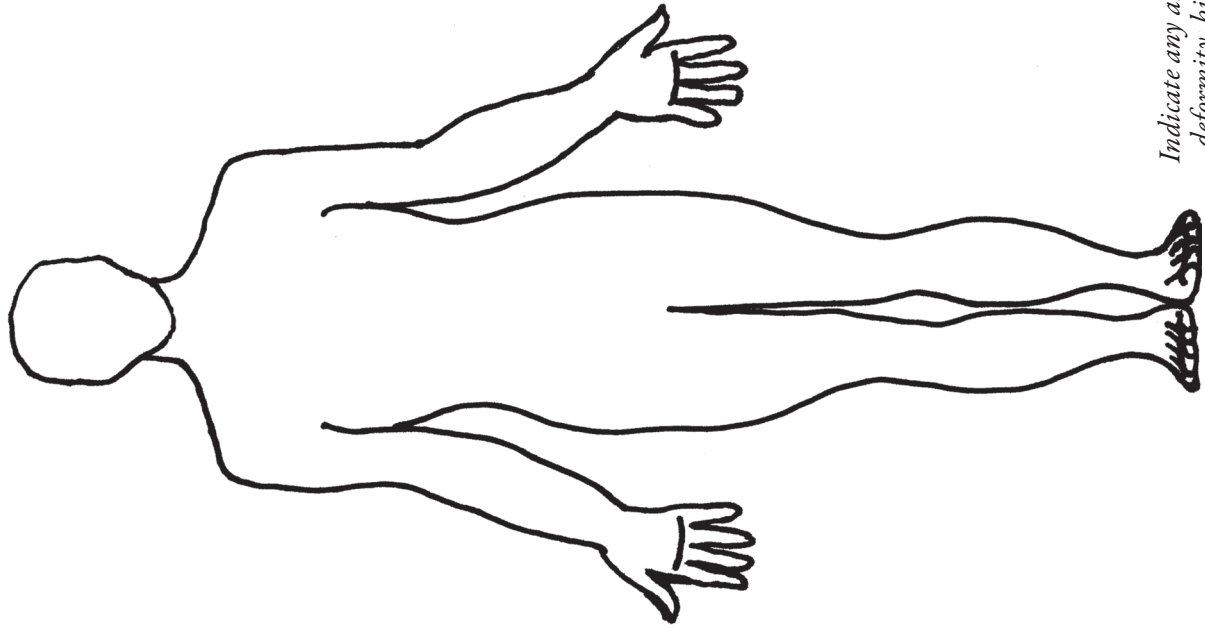
Attached are the forms found in Jamie's *Stop Getting Sick—Start Living Well* book. Directions for using them are found inside the book. These forms are provided for your convenience with no signup as a thank you for buying the book. Please do not share them.

To receive additional gifts, notice of special events, or a chance to beta test Jamie's forthcoming *Marvelous Messages from Your Ancestry* card deck, visit Jamie's website and sign up for her newsletter.

Don't miss Jamie's other books in the series: *Marvelous Messages from Your Body*, *Marvelous Messages from Your Faith*, and *Marvelous Messages from Your Childhood*. (And more to come!)



Stop Getting Sick—Start Living Well
How Healthy Are You?



*Indicate any ailment, injury, irritation,
deformity, birthmark, or scar you are
experiencing right now.*

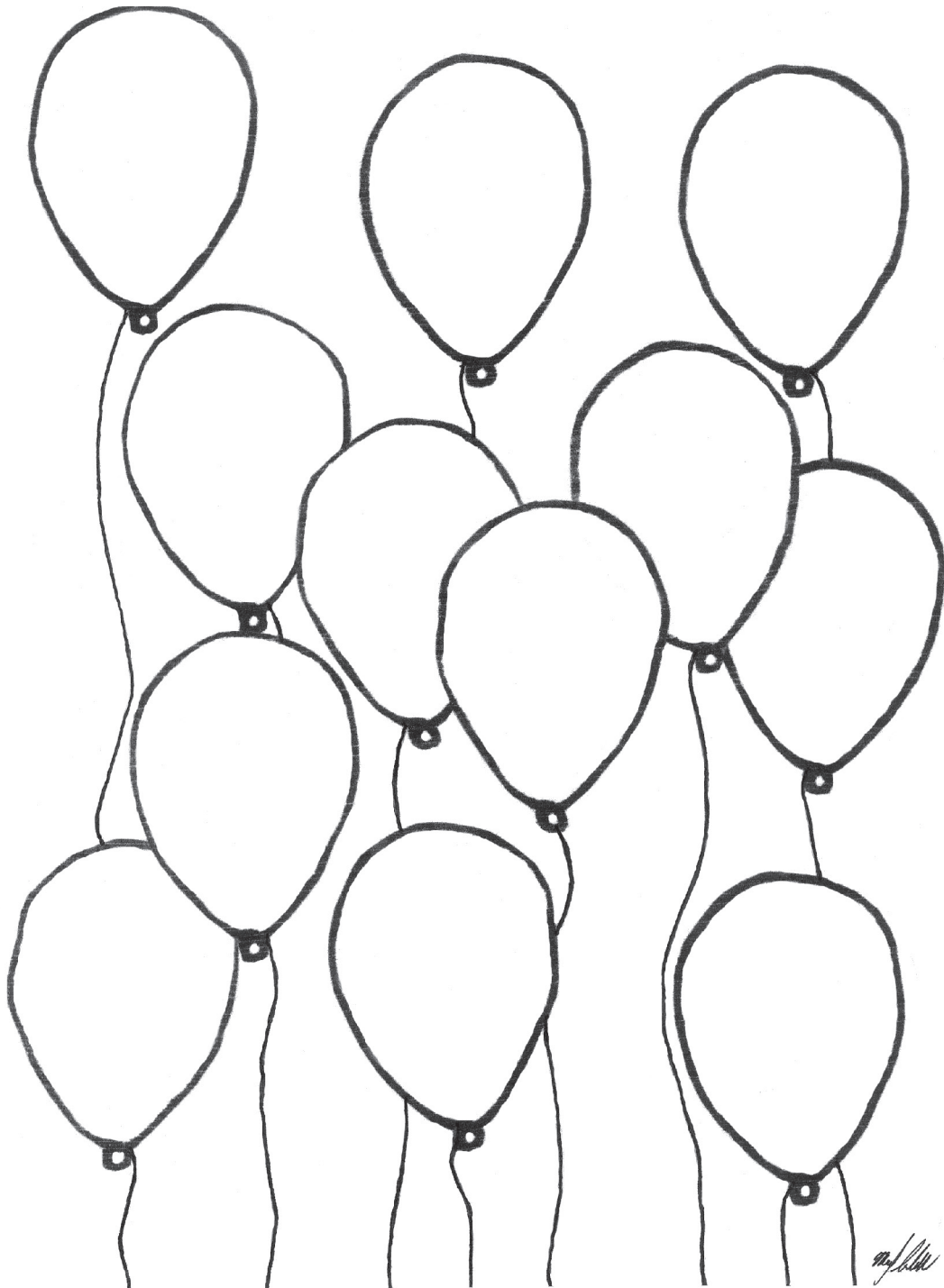
Adapted from Saloff

Stop Getting Sick — Start Living Well Heritage Worksheet

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	JOB SKILLS:	HOBBIES/INTERESTS:	PERSONALITY TRAITS:	LIFE CHALLENGES:	HEALTH CHALLENGES:
Self:					
Mother:					
Father:					
P. Grd-Mother:					
P. Grd-Father:					
M. Grd-Mother:					
M. Grd-Father:					

Stop Getting Sick—Start Living Well
Balloon Exercise—Jamie L. Saloff



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