

ARILIZ

HOLISTIC GUIDANCE

INTUITIVE BODY REBALANCING FOR WEIGHT CONTROL

This newly launched self-help book draws upon scientific research, holistic testing and spiritual guidance to help you understand your body and find solutions to weight loss and gain, illness and distress.

ArilLiz is a partnership between psychologist and therapist Ariane Wittgreen Antinori and spiritual healer Liz Chapman, who together "share a passion for helping others to heal their emotional, physical and mental issues".

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