



# Transform

*Rachel Eva*

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## **Transform** Rachel Eva

This is a 12-week course filled with exercises and information to help you radically overcome limitations, negative habits and limiting perceptions in order to intentionally create the life you desire! No one wants a mediocre life. Are you ready to create the life that you've always dreamed of? Have you experienced a major life change or are you ready to make a major life change? Maybe you want to move towards a better life but you aren't sure how to get there. Now you can learn how. Life Transformation Coach, Rachel Eva, is a self-development author and leader in integrative wellness who founded the Integrative Wellness Academy (IWA), an integrative life coaching academy. She created Transform a 12-week course to guide you on a journey to clear blocks in every area of your life. Using the techniques that she has applied in her private coaching practice and taught to many Integrative Life Coaches, Rachel helps people transform their lives. She will guide you on the path to free yourself from blocks, create balance and wholeness, and take effective actions to achieve your goals and dreams.

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