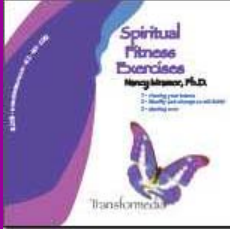


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## Dr. Nancy E-Zine: Three Ways to Get All of You Moving Toward Your Heart's Desires

- **Special Article:** The Most Important Way to Get "All of You" Moving Toward Your Goals
- **4 Week Course:** Deepen Your Ability to Change Your Health Through Relaxation/Attraction
- Great Way to Increase Your Personal Awareness

### The Most Important Way to Get "All of You" Moving Toward Your Goals

Remember when you were a kid riding the bus to school? And all of the days when everyone worked together and you arrived safely and on time? Maybe you even shared part of your lunch with a friend and she gave you the charm from her cereal box? But just behind those memories are the other days when the bus was late, people were fighting on the bus, or it broke down? What if you ARE the bus and everyone on the bus is you?



What if the Bus is your vehicle to peace, happiness and success? Or to breakdowns and getting stuck in neutral? [\[Read More\]](#)

### Join Dr. Nancy at La Roche College for The Three Most Effective Ways to Relax and Empower Yourself

- Meditation
- Breathing
- Attitude/Law of Attraction

Tuesday Afternoons beginning March 10, 2009

1:00-2:30 pm  
La Roche College at Kearn Spirituality Center  
Call 412-366-1124 to Register



## Great Way to Increase Personal Awareness

Recently, I had the opportunity to gain a much greater awareness of how my body works, from my colleague, Paula Franetti. Check out Paula's article below.

Being energetic and healthy is reflective of using lots of fuel each day. An energetic body has learned to trust in a constant flow of resources and reciprocates by gladly spending as much energy as it can.

So how do you become a lean energy spending machine? First, by learning how much energy you use to know how much you need to eat. And secondly, by eating the right amount at the best times to give your body the biggest bang for its buck. [[Read More](#)]

Watch for Dr. Nancy on **KDKA-TV** as important topics arise!



Sincere Blessings,

Dr. Nancy Mramor  
Dr. Nancy Mramor /  
Transformedia  
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