

Case Studies



ReViveU



Alyson G.

The Problem

Alyson's biggest struggle was her personal life. Even though she was very social and open-minded, had just started a new job that she loved and had wonderful family and close friends, she constantly battled a feeling of sadness and always found something wrong with the men that she dated.

The Solution

Using a Relationship Map, I was able to guide Alyson through a series of exercises that identified why she felt this way & how she was sabotaging herself when looking for a relationship. I taught her that first she had to love herself, inside and out, before she could commit to others. By implementing the Physical & Emotional modules of the Ultimate Life Program, Alyson learned that she had much to be grateful for & not a lot to be sad about.

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The Results

Within a few months, Alyson stopped feeling down about her life and started feeling great about herself. Soon after we began working together, she found herself in a committed, loving relationship.

She also lost 7 pounds on the 10-Day Detox and landed her first big client at her new job. Her attitude completely turned around and she's happy, healthy and has a whole new outlook on life!