

Bodyway - The Aliveness Institute

Description:

If emotional eating runs your life... If food has become your enemy and guilt your daily companion... If you seek a lasting solution to a seemingly hopeless problem... If expensive inpatient programs are out of your reach... If you long for help that is affordable and readily available... ...then discover BodyWay, the first body-mind-spirit healing program that is literally at your fingertips. Click [here](#) for Jane's message I'm Jane Latimer, M.A., founder of the BodyWay program. After more than a decade working with individuals with food, weight, and body concerns, and drawing on my own and other's experiences, I have developed an entirely new approach to these issues. I call it BodyWay. Nothing else like it currently exists: a true mind-body-spirit approach to living in connection with the body. Join BodyWay(TM) — a year-long healing program available to you via e-mailed lessons and teleconference calls.

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