

Unity Church of Boulder



Minister Jack Groverland

To Whom It May Concern,

Let me introduce you to Dr. Dorie McCubbrey and her book *How Much Does Your Soul Weigh?*

Through her weight loss workshops at my church Dr. Dorie has proven herself to be one of the most effective teacher facilitators we have ever had dealing with this physical/mental problem which plagues so many people.

Dr. Dorie's approach to weight loss and weight gain issues emphasizes spiritual principles which alleviate many of the self-defeating blocks and guilt that people tend to build up around their weight problem. It appears that once people get started with Dr. Dorie's ideas they make a soul connection that empowers them to not only love themselves, at whatever weight they are, but also to make certain insightful decisions which bring about the desired adjustment in their physical weight.

I will not attempt to further describe the magic in Dr. Dorie's methods, but I wholeheartedly recommend her as one to guest speak and lead a workshop in your church or center. I also highly recommend her new book for your bookstore—*How Much Does Your Soul Weigh?*

Sincerely,

Jack Groverland  
Minister

JG/lv