



I'd like to personally WELCOME each one of you to the All-Access Pass!

This body of work represents the best of plans, education, tools and any way to give you leverage as you embark (or continue to embark) on your wellness journey.

There are lots of moving parts to wellness--so often this isn't discussed in weight loss circles in pursuit of the "ideal" weight.

It truly ticks me off--royally.

If you don't address the whole of who you are as a woman, you cannot possibly address the size of your jeans without sacrificing who you are and how you need to be supported.

You've seen this with fad diets, diet pills and crazy cleanses that cost women (mostly) their health.

The things we do in the name of weight loss are absolutely ridiculous.

I am PROUD of you for choosing a different avenue--for choosing your whole self, your health and wellness...and for understanding this path will get you what you want: permanent weight loss without the torture.

Welcome to the All-Access Pass!

Enjoy it's many, many resources...and remember, if you have any questions, I'm glad to answer them. Just send them to community@savingdinner.com.

Big love,
Leanne