



# Book Release- Transformation Caravan by: Cher Ewing

Divine Transformation, April 18, 2008

URL: <http://www.pr9.net/health/weightloss/7905april.html>

*Transformation Caravan highlights seven different areas of change a person can possibly experience as they travel the Weight Loss Surgery roads. Unlike other Weight Loss Surgery books on the market; Transformation Caravan focuses on the Emotional side of Weight Loss Surgery. I invite my readers to-"Dream" like they have never dreamed before, "Hope" like they have never hoped before and "Live" like they have never lived before.*

PR9.NET April 18, 2008 - Lewisville, TX - LAP-BAND patient Cher Ewing has written an insightful book in regard to the "emotional side" of Weight Loss Surgery and published it on LuLu.com, the online marketplace for self-publishers.

Ewing had not expected the emotional changes she experienced; her emotions were all over the place. In her book "Transformation Caravan" she shares "The Good, The Bad and The Ugly" emotional side of her LAP-BAND Weight Loss Surgery (WLS) journey.

You will love this book because it will leave you feeling like you too can make it. It will leave you feeling empowered rather than shameful. You will feel that with Cher on your team, you will be a winner!!  
Mary Jo Rapini, L.P.C. Big Medicine-

Ewing is very open and honest about her LAP-BAND Weight Loss Surgery journey and hopes to empower the Weight Loss Surgery patient. Ewing's own life journey makes her passionate about helping her readers realize their dreams and live the lives they are meant to live. Everyone deserves a life filled with health, happiness and success. Ewing believes "WLS" patients are no exception.

Obesity is a terrible disease; as a result patients are cheated out of the greater opportunities life has to offer them. Weight Loss Surgery has given many patients the gift of taking back what obesity has robbed them of: self-esteem, self-confidence; and self-love. In "Transformation Caravan" Ewing invites each of her readers to: "Dream" like they have never dreamed before, "Hope" like they have never hoped before and "Live" like they have never lived before.

Ewing is a Certified Life and Wellness Coach specializing in Weight Loss Surgery patients. As a Coach, she helps clients going through the weight loss process gain personal empowerment as they lose weight. Ewing currently co-hosts "The New You" Radio Show with Life and Wellness Coach Jeff Cadwell, runs a "WLS" support group, contributes "Health and Wellness" articles to AVID Living and WLS Lifestyles Magazine, and maintains a private practice in Dallas, Texas. Her book can be found at <http://www.lulu.com/transformationcaravan>

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## About Divine Transformation

As a dedicated and committed Life and Wellness Coach (WLS Coach), it is my pleasure to help you highlight your potential as you journey toward your most fulfilling life path. I find it an honor and joy to provide Coaching as you discover your path to living a joyful and rewarding life after your Weight Loss Surgery.

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