

## Smothering Soul Heno Leilani K

**in 1995 leilani heno received her bachelor of science ...** - in 2001 leilani released her new book, smothering the soul. in this work leilani shares the secret behind her 85-pound weight loss. the book stresses the mind-body-spirit connection and explains the missing element in fad diets and quick-fix weight loss formulas. heno clearly outlines the nec- **leilani heno - x-trainers** - the turning point in leilani heno's life came when she shed 85 pounds, an accomplishment she recounts in her book "smothering the soul." "it was a spiritual awakening in a way," says heno, a personal trainer and founder of the personal training company x-trainers. heno's team of

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