

**Loving Yourself Thin With Vivation Breathwork By
Patricia Bacall**



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Patricia Bacall is an internationally acknowledged wellness She is the author of Loving Yourself Thin, the Vivation Breathwork method for achieving your

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PAUL HUGHES is the Director of Vivation International and the Vivation Creator of Vivation. PATRICIA BACALL Patricia is the author of Loving Yourself Thin,

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