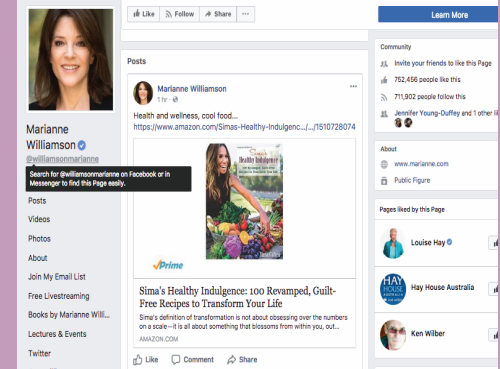


SIMA



What an amazing journey it has been from the moment I met this incredible woman to over the years being under her mentorship. From attending her workshops, to reading her books and being a student of her Course In Miracles. All of this has definitely changed my life and I truly owe it to God and this wonderful woman. Her teachings are honest, authentic and always cuts to the chase. She doesn't tell you what you want to hear — but rather she tells you what you need to hear. She allows you to learn the lesson yourself because if she tells you what to do, it steals away the lesson. I dedicate this book to her because she inspired and helped me to remember that my dreams are mine for a reason. Now with all of that being said, whoever you are and wherever you are — please know that no matter how big your dreams are and no matter how many hardships you go through — always rise above the circumstances. There is nothing God cannot do for you and through you — nothing your holiness can't do. What an honor and proud moment to be able to share my first book with a woman whose teachings and wisdom helped bring my book to life! Marianne Williamson, thank you for all that you've done and what you continue to do with your brilliance and wisdom!

I love you my dear Marianne!

“Our most important work is to become who we are capable of being, Sima Cohen is a guide through the often- confusing jungles of health and wellness, paving a path beyond mere self-improvement to self- actualization. In following the path we find a fuller experience of ourselves.” -Marianne Williamson’s Sima’s Healthy Indulgence Book Testimonial