



Pat Altvater is widely known as the "Chief Wizard of WOW." Her infectious positive "can-do" attitude has helped hundreds of people achieve their highest potential. Pat helps people transform their lives through group presentations, workshops, teleclasses, group attraction and accountability circles and/or one on one coaching, done either in person or on the telephone.

In 2004, Pat formed the Transformations Institute after spending 20+ years in the business world in both sales and sales management and most recently as the owner of 10 women-only fitness facilities. She created the Journey to Wow – Choose Health Now™ program in 2007 after penning her first book, Journey to Health in 2006, and her e-book The Secret of Permanent Weight Loss in 2007.

Pat's mission stands strong: she is committed to helping people with their personal growth through positive transformations using her techniques, which are described in this book: The Conscious Transformations Process™ and The Transformations Breakthrough Process™. Hundreds of people have used these processes to attract abundance, their ideal body, a perfect relationship and ideal clients.

Pat is a Certified Law of Attraction Practitioner. She holds a master's degree from Virginia Tech and a bachelor's from Michigan State University. She's a member of the National Speakers Association and presenting keynotes, lectures, workshops and retreats for corporations, organizations and/or individuals has been a passion of hers for over 20 years.



\$14.95

9 780615 218328