

# 20. Healing Emotional Trauma - JJ Flizanes

## Healing Emotional Trauma

JJ Flizanes is an Empowerment Strategist teaching the benefits of healing emotional trauma and the Host of The Fit 2 Love Podcast Show. She is the Director of Invisible Fitness, an Amazon best-selling author of *Fit 2 Love: How to Get Physically, Emotionally, and Spiritually Fit to Attract the Love of Your Life*, and author of

✘ Knack Absolute Abs:

Routines for a Fit and Firm Core. She was named Best Personal Trainer in Los Angeles for 2007 by *Elite Traveler Magazine*.

JJ vividly reminds us that the word 'fitness' is not just about the state of one's physical body, but also the factors which determine a person's overall well being.

And, for JJ, the key components in all these areas are 'invisible' — balanced support structures of nutrition, emotional centeredness and health.

You can find out more about the work that JJ does at [www.jjflizanes.com](http://www.jjflizanes.com) & [www.fit2love.tv](http://www.fit2love.tv)