

# Meighan Esmond of Inner Edge Movement to be Featured on CUTV News Radio

ALBANY, NEW YORK, UNITED STATES, October 31, 2017 /EINPresswire.com/ -- Even from a very early age, women can develop a distorted body image that can cause debilitating anxiety, depression and low self-worth. What if there was a wonderful tool so potent and effective it will dissolve all insecurities and make us feel confident and beautiful for a lifetime?

Meighan Esmond is a healing body coach and the founder of Inner Edge Movement. With 20 plus years of experience working in both the performing arts and the healing arts fields, Meighan offers a combination of varied forms of exercise with a process called Dissolving: a cutting-edge, healing art form that allows you to release negative emotion from your body within minutes.

"Dissolving is my take on exercise and eating that no one else has," says Meighan. "A major reason people disconnect from their body is because of how negatively we view our bodies. With Dissolving, my clients can stop stress eating, have more energy, and feel safe being open and expressive out in the world."



Meighan's battle with depression and low self-esteem followed her well into adulthood, and affected every area of her life. As a professional singer, she experienced intense performance anxiety that was devastating to her, both emotionally and professionally. When she was introduced to Gene Bausman, the founder and developer of The Art of Dissolving, it instantly resonated with her, inspiring her to create this life-altering program.

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*Meighan Esmond*

"The incredible results speak for themselves," says Meighan. "Every one of my clients who tries this wonderful technique

leaves my class feeling relief and wakes up the next day noticing a change in the way they relate to their bodies.

"If we can use this simple tool to feel deep love and awe for our body, why wouldn't we do it?" says Meighan. "If you struggle with a body image that's anything less than amazing, I can help you move out of the pain and find the magnificence within you."

CUTV News Radio will feature Meighan Esmond in an interview November 2nd at 2pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest call (347) 996-3389

For more information on Meighan Esmond, visit <http://www.inneredgemovement.com>.

Lou Ceparano  
CUTV News  
(631) 850-3314  
email us here

The logo for Inner Edge Movement is displayed in a red, handwritten-style font. The text "Inner Edge Movement" is centered within a white rectangular area that has a thin grey border.

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This press release can be viewed online at: <http://www.einpresswire.com>

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