



**Lise Bourbeau** began her career in sales in 1966 and soon became the best regional manager of an international company in Canada, a position that she kept until 1982. Throughout those 16 years she trained, motivated and helped more than 40,000 people become aware of their potential. In the process, she realized that people rarely obtained what they wanted out of life and that very few were really happy. She wanted to know *why*—and more importantly, what could be done about it.

During this time, Mme. Bourbeau went through several training courses that led her to discover fundamental aspects of herself, resulting in profound transformations in her own life. Full of enthusiasm for all she was discovering and wanting to help as many people as possible, she left her job in 1982 to travel a new road. She began to set up workshops to help people discover themselves. She taught them to listen to their bodies: what they ate and how their bodies *felt*—their various illnesses and ailments. Mme. Bourbeau has never stopped researching human behaviour; she has become a specialist in the decoding of the mind/body/emotional connection in all illnesses and ailments. Her goal is to help people to better know, accept and love themselves.

In 1984, Mme. Bourbeau opened her first wellness school, the **Listen to Your Body School**. The school offers specialized courses and is recognized as a teaching establishment by the provincial and federal governments of Canada. She has also trained other teachers so these courses could be spread throughout Quebec.

In 1987 she wrote her first book, founded her own publishing company “**Les Editions E.T.C.,**” and held monthly conferences that were recorded on cassettes and sold throughout Quebec. The book, called “*Listen To Your Body – your best friend on Earth,*” soon became the Number One best seller in Quebec. It's now reached record sales of more than 450,000 copies. Since 1988 she has written sixteen other books which have all become bestsellers. Lise Bourbeau is one of the most widely read authors in all French-speaking countries. Her books in French have now sold 2½ **million copies**, without counting those that have been translated into a dozen other languages. Since 1982 Lise Bourbeau has held thousands of conferences and workshops and has taken part in hundreds of interviews for radio and television.

A woman of action, endless vitality, innovation, and a woman with a heart, Madame Lise Bourbeau no longer has to make her reputation. Her practical teachings and simple philosophy help thousands of people around the world to make concrete changes in their everyday lives. Recognized as a teacher and philosopher, she is called upon to speak to organizations and private groups as well as large companies; in other words, all those who hope for a better quality of life for themselves or their employees. For the past ten years, Mme. Bourbeau has spent more than nine months each year traveling the world.

Today... thanks to Madame Bourbeau and her highly qualified team, the *Listen to Your Body* philosophy is now taught in 22 countries and in 10 languages. The *Listen to Your Body School of Life* is the biggest French-speaking personal growth school in the world.

She has worked successfully with over 15,000 people, helping them to unearth the underlying causes of specific illnesses and diseases. The accuracy and devotion to the truth that characterize her technique has proven itself in the innumerable transformations that have resulted.

[www.lisebourbeau.com](http://www.lisebourbeau.com)

