



Pat Altvater, author, trainer, coach, has an infectious positive "can-do" attitude that has helped hundreds of people achieve their highest potential. Pat helps people transform their lives through her books and products, workshops, teleclasses, group attraction and accountability circles and/or one-on-one coaching.

In 2004, Pat formed the Transformations Institute after spending 10 years in higher education and 15+ 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 Women Outsmarting Weight™ system in 2007 after penning her first book, Journey to Health in 2006, and her e-book, The Secret of Permanent Weight Loss in 2007. She also created and hosts an annual tele-summit for Mom's concerned with childhood obesity.

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

Pat holds a masters degree from Virginia Tech and a bachelor's from Michigan State University. She's a member of the National Speakers Association and resides in Ohio with her husband.



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