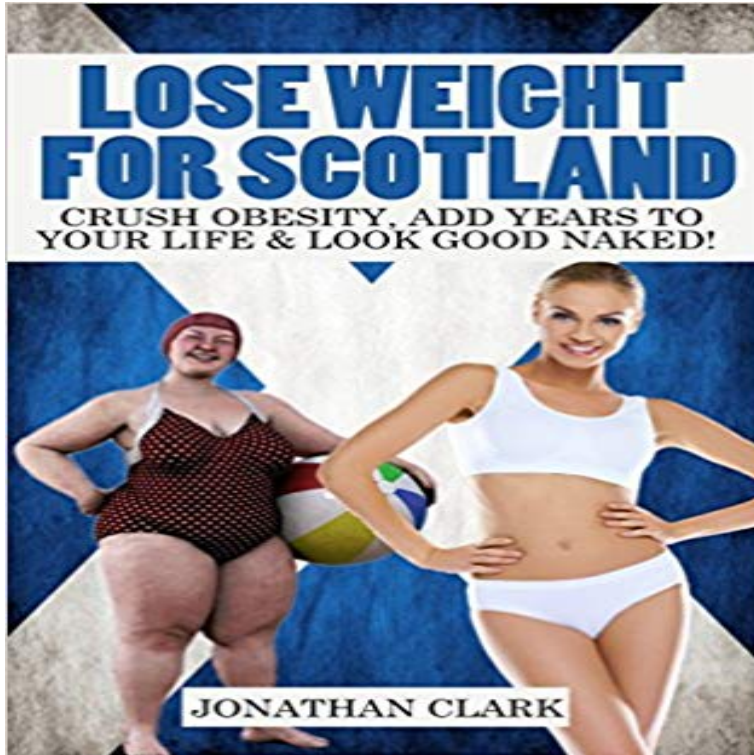


## Lose Weight For Scotland: Crush Obesity, Add Years To Your Life & Look Good Naked!



If there was a magic pill that melted fat, built lean muscle, had a phenomenal success rate and no side effects, would you take it? Course you would. Well there isnt, but you can have the next best thing. You can be one of the first people to get access to this programme in this format... This isnt just another diet book. You dont need to try and use discipline to keep on the right track. As a Hypnotherapist, I can show you an easier way... So heres the situation - Scottish people are getting fatter and sicker. Now Im the introverted scholar type Ive spent YEARS studying and using this stuff so you dont have to. As Ive trudged through my own journey, Ive collected a big toolbox of fast and painless ways to help people burn fat and build lean muscle, packaged into a 90 day challenge that can bring your sexy back. That way you will live longer and be able to do more. Optimise the years you have left and add a few more for good measure. Think about it - which part of your body would you like to change? Is it your waistline, your bum, your muffin top, your love handles, your thighs, do you have bingo wings? Or is it your entire body that youre unhappy with? I know how confusing the whole weight loss field can be thats why I took everything I know and put it all in one place. Theres no food combining. No weird diets. That doesnt work I know that, and if youre honest you know that too. Fast weight loss is an inside out job calorie counting, diet plans and numbers on the scales are all outside of you. The truth is its what you believe and feel on the inside about food and exercise that determines how your body looks. This book gives you a simple system that you can use right now to burn the fat off, tighten up that bit there and build some lean muscle so you look great, have more energy and live longer. Its a proven 90 day weight loss and fitness Challenge based on 22 years of combining exercise,

nutrition and self-hypnosis to transform your body. I challenge Scots to lose 10 lbs of fat, or gain 10 lbs of muscle even if nothing has worked in the past. Are you up for a challenge...? So why should you listen to me? Well first and foremost I'm a Dad and a husband, so there's at least 2 other human beings who need me and depend on me, so I need to stay healthy and active. Secondly I'm a Certified Life Coach and I've spent the last 22 years helping people achieve their ambitions and goals. I'm a Master Hypnotherapist which basically means I have a lot of experience dealing with the mental and emotional factors around food, exercise and self image. My clientele has been mainly female and mainly about confidence and body issues. I'm proud to be Scottish, and I'm not happy with Mike Myers immortalising my country forever through the character in the Austin Powers movies called Fat Bastard. And I have one other advantage I'm naturally slim. What does that mean to you? It means I can teach you how slim people think about food, what slim people do to stay slim. Fit thinking not fat thinking. Inside this book you'll discover how to: Get more admiring glances from people & look 10 years younger Be flexible and bendy without aches, pains and strange grinding noises Be full of energy to play with the kids or get back into sports Get yourself to exercise more and eat better WITHOUT using discipline or diets Boost your immune system so you stay healthy and well Feel happy in your own skin and be proud of showing off your body What one of my clients had to say: The Challenge has been great for my weight loss and has changed my life. I can say I've done my bit to drop Scotland's Obesity figures by one. Thank you, Jonathan, for helping me lose weight and giving me the confidence that I stick to it. I never thought I could do it myself because I had never tried before but I'm living proof that if I can do it, you can do it too. G.M. South Lanarkshire

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