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Soaring Success, Shape Change Forever: The Holistic Approach For Hard Working Women

Chris Rock

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You can do anything.

Nothing is beyond you, nothing is unachievable, anything is possible. All you need to do is Decide what you want, Believe you can Achieve 'it' and then go out there and live your life each and every day.

But, you don't have to do 'it' alone. This book can help you to help yourself; through education and empowerment. If you want to feel better, look better and become more confident you will benefit greatly from what this book shares with you.

As a hard working woman, you may feel that your life is running away from you. You may feel that you solely exist for others; not yourself. You may believe that time is against you. You may find your world revolves around your family, making sure they have everything they need. You may recognise you are continually helping others (and making them happy). Perhaps you spend every free moment being dependable for your loved ones. Does this mean you lack the time and effort you need to focus on you?!! This lack of focus may mean you want to lose a few pounds (or have been advised by a medical practitioner to lose a weight). You may have a metabolic condition such as Insulin Resistance, Type II Diabetes, or a Cardiac condition.

Then this book is for you.

It really is written for you, because the truth is most people fail to lose weight because they don't know what is encouraging their current eating and sedentary habits. In reading this book you'll be asked the questions that really matter. You will be assisted to analyse your behaviours, whilst you are provided with practical, proven tips and techniques. It will support you fully as you begin and continue your journey to a healthier, slimmer, and happier you.

You'll learn:
i. to recognise the seven patterns of success
ii. to utilise the traffic light system. This will assist you to dynamically assess every aspect of your life
iii. that doing something a little scary and exciting can feel fantastic
iv. how to stop putting other people's needs above your own health
v. how to use different methods to keep you strong against cravings and withdrawal symptoms, and
vi. to make your dreams your reality

Additional information and advice is made available through hyperlinks within the book to websites, including the Get Busy Living Books Website where several, free, supplementary booklets are available.

Specific conditions which this book can help include:
• diabetes
• cardiac rehabilitation

• stroke
• Crohn’s disease
• high blood pressure
• hypertension
• angina

You are the master of your own destiny. You get to Decide how you want to feel. You get to Decide how you look. You get to live the life you want to live.

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