

Your Handy Personal Weight Loss Coach



To loose weight and feel great! Get your self esteem back! This program has helped me get rid of 8 sizes, over 60 pounds and keep the weight down. Daily program to make sure you keep being on track, a to-do list easy to follow. A spiritual way to weight loss and self esteem. A motivational program to help you loose those pounds and keep them off! As a professional coach, I thought of combining my coaching methods to a weight loss program that will help you get where you want to be. I will be there with you as read this book. You will be guided every day and you will be able to fill in a journal of your progress. As your personal coach, I will push you, I will encourage you, I will inspire you. But YOU need to do it! This is a one of a kind program that I fully created. It is meant to increase your self-esteem as you get rid of the unnecessary weight holding you back. I used to weight a lot more than I do today. Had a very bad opinion of myself and felt tired. I could not control my hunger. Even though I knew I was eating too much, I didnt feel I could change on my own. I followed Slavicas coaching on weight loss, and loved it. There was no diet but strangely, very soon after I started, I felt better and better about myself. Pounds dropped almost by themselves. It was amazing. My friends started noticing that I was much more joyful and enthusiastic about my life. I am so grateful for what I received. The gift of loving my self and my body! Thanks Slavica! - Steven I got rid of 20 pounds after the first month. I feel amazing! I am full of energy and feel good about myself and my life! - Sandy I got rid of 10 pounds after the second week thanks to Slavicas coaching on weight loss. But it is more than just loosing the extra pounds! I feel amazing! I am full of energy and feel good about myself and my life! I didnt even feel like I was on a diet or anything like that. I am going her program for good. I love it. It is easy! Thank you! Stefany I

had my doubts, I gotta say. I didnt think it would work. I tried so many diets before and failed. I say, alright, lets see about this program. I LOVED IT!! I felt so easy and the daily simple to-dos helped keep on track and not forget what I was supposed to do. So easy. I felt the energy carry me through this! I got rid of the extra weight AND am exited about my life! THANKS! JoseyBooks by the same Author:Be Free: Keys to Happiness and Success in Every Aspect of your LifeThe Art of Instant HappinessRoad Block BustersEscape Once and For AllConversations with AngelsConversations with Angels 2: The Book of MichaelSailing the Greek IslandsBoost your Brain PowerSimply Rich: 7 Secrets to reprogram your brain for financial excess101 Easy Ways to Save Money Every Day101 Easy Ways to Save Time Every Day101 Easy Ways to Sell More Every DayLe Petit Cahier dexercices sur la Loi de lAttractionABOUT THE AUTHOR Author of over fifteen self-development books /Professional Success Life CoachGoal Setting - Time Management - Self EsteemWorking on each of the three fundamental pillars of your success to make sure you get rid of all your road blocks and achieve your full potential.<http://www.slavicabogdanov.com>

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