



Welcome to . . .

Learn How to Lose Weight™

- your new weight loss solution

The Online Weight Loss Course for Busy People



Welcome to the ***Learn How to Lose Weight™*** eBrochure!

Learn How to Lose Weight™ is a unique online weight loss programme. The programme is delivered to your email inbox in a series of ten steps, over a ten-week period.

Below you will find additional information on what is included in each of the ten steps of the eCourse.

We hope you find this information useful. If after reading this eBrochure you have any questions please email our team at loseweight@247coaching.com who will be happy to assist you.

Thank you.

Learn How to Lose Weight™

eCourse Description

Step 1 : Every Journey begins with a first step



What are your motivations to lose weight?

During this first session, we are going to guide you through the process for you to begin to identify your motivations to lose weight.

We're also going to give you some great tools to help you along your journey to achieve that loss and the new you. These tools will give you invaluable information about changes you may want to make, in your diet, exercise levels and life overall.

Step 2 : Doing it with Passion



In this Step we are going to look at what moves you powerfully and purposefully in the direction of achieving your personal goals. This forms the basis for tremendous triggers and motivators which you can use to plot the path towards losing your weight.

Step 3 : What's in it for me?



For most people, there is a 'secondary gain' or pay-off for carrying more weight than they should. After all, if it were so simple as being a matter of excess weight most diets would work because the weight loss would be easy and mechanical.

In this Step we guide you along the path to reveal such 'pay offs' in keeping the weight on, and then help you develop strategies to master them.

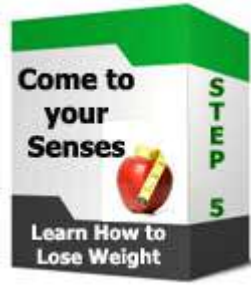
Step 4 : Harnessing Action with Passion



You'll know from the media that life is full of heroic stories, not just of celebrities, but people living the lives they want to live, dreaming and achieving big things, making huge positive changes in the way they live and express themselves. Many do this against considerable odds – but their passion and commitment see them through to success. And one of the things they do is to harness the actions they know they need to take to achieve the outcomes they want.

Your first step in harnessing that passion will be to join this program. Often that first step is the most difficult of all, but in Step 4, we're going to take your commitment and motivation to lose weight that one step higher.

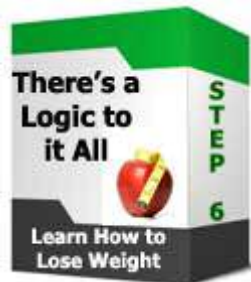
Step 5 : Come to your senses



Now in this Step, we're going to help you identify your preferred way to take in information. This makes a big difference.

People have their own preferences in terms of how language is framed when they take in language. When you tap into yours, and then create your weight loss goals around that language, and write action plans which take on board the language you most prefer to use, you will find it much easier to achieve your desired weight.

Step 6 : There's a Logic to it All



Changes you make to your life become permanent when they match and fit at every level of your being. There are a number of levels involved here, and by working through them to achieve your weight loss, you can discover some very revealing aspects of your life and make some truly dramatic changes.

In Step 6, we're going to focus on these levels.

Step 7 : Chocolate - What Chocolate?



We often externalize things, looking at outside influences which have had an impact – as we thought – on our current state. For most of us, it would be true to say that our excess and undesired weight did not go on overnight. Gaining that extra poundage has been a gradual process.

We all know that the simple equation – except in the rare cases of medical problems – is that

More calories consumed than is used up = weight gain

It's now time to identify some of the habits or experiences you have created yourself which have contributed to your weight gain over the years.

Step 8 : Have a Smashing Time

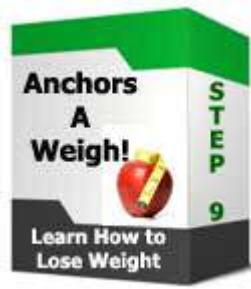


You've probably heard of the expression 'Being on a Roll' and for many there is a belief that we create our own luck and breed success.

In Step 8, we are going to introduce you to a powerful piece of technology that will enable you to create your own Winning Formula to lose weight.

An absolute key to the success of this Weight Loss Programme is the ability to change your behaviour *permanently* so in this Step we are also going to work through the behaviour cycles that influence your ability to deal with your weight issues.

Step 9 : Anchors - A-Weigh!



At this stage of the eCourse, you are stepping forward to your new future and part of that will be your Core Beliefs about who you are and how you want to live your life.

In Step 9, we are going to take you right up to the next level to help you create and build that future, to a platform that will move you on towards your dreams in *any* area of your life, not just your weight.

Step 10 : Looking to the Future



What can you do to ensure that you don't slide back and put the weight on?

Often when people go to the end of a Programme, they sit for a couple of weeks and then may fall back into old habits. This is less likely to happen if you have a great picture of your future and where you're heading.

If you still have some weight left to lose after finishing this eCourse – and if you had a lot of pounds to shift at the start, this will be the case – then Step 10 will help you to put an effective forward thinking plan together to help you remain focused on the future.

We hope you have found this information useful. If you still have some questions, please email our team at loseweight@247coaching.com who will be happy to assist you.

If you would like to begin the eCourse please click on the **BUY NOW** link below. Alternatively, you can return to the eCourse web page at

<http://247coaching.com/ecourses/weightloss.asp>.

Thank you.

Investment for *Learn How to Lose Weight™* eCourse

Yes, I would like to receive *Learn How to Lose Weight™*

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