



# Mission Slim Possible: 10 Week Diet Revenge

*Andrea Seydel*

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## **Mission Slim Possible: 10 Week Diet Revenge** Andrea Seydel

"Weight-loss starts in your mind. First, see what you want for yourself, second, believe you can have it, then, get on your mission towards your target! Slim is possible!" Andrea Seydel JOIN THE REVOLUTION MISSION SLIM POSSIBLE: 10 WEEK DIET REVENGE WILL: Help you set realistic attainable weekly, step by step action plans that empower and motivate you towards your weight loss target. Help you manage your weight by focusing on what you "can do" not on what you "can't" do. Give you that extra push, focus and reassurance that you can do what you set out to do. Provide you with usable guidance, tips and life strategies over a 10 week time line. Keep you accountable and will encourage life design responsibility. Help re-train your mind around weight-loss and dieting. Help you manage your weight without dieting and will help you get DIET REVENGE. Connect you to your potential and ability to live your life they way you want to live it. Make you proud of yourself, feel determined, and be the best version of yourself that you can possibly be. Provide you with a natural, realistic and holistic approach to balancing your weight. "If you choose to accept the Mission Slim Possible-you will be able to transform your life!" — Maureen Hagan Mission Slim Possible FORWARD A REFRESHING AND INSPIRING APPROACH TO WEIGHT-LOSS This book is a refreshing and inspiring new approach to one of the biggest challenges, and to date failures, the modern world faces - dieting to lose weight. This is not a diet book but rather a natural, holistic and practical approach to balancing your weight, maximizing your health and living a healthy and happy life. Being in the fitness and health care industry for 35 years I can honestly say that I have never read a book like "Mission Slim Possible" before. I was immediately captivated by Andrea's passionate and inspiring tone, extensive knowledge and the feelings of possibility that she projects through her writing. Andrea guides you through a 10 week journey one week at a time, and she breaks down the mission to become slim in a healthy way almost as if she was sitting right in front of you as your nutritionist, life coach and psychologist. This book equips you with tools and a step by step guide that will make you re-think your approach around food, dieting and life in general. It offers you practical solutions and skills that will effectively guide you through the process to attain a better and healthier lifestyle. Andrea Seydel is the founder of Life Balance magazine and Publishing Group. Andrea has earned the reputation as being "an inspirational and optimal wellness coach". This book demonstrates and enhances that reputation. Her expertise and experience as a Registered Nutritionist, Certified Life Coach and Fitness Professional, as well an author of a variety of self help books absolutely qualifies her to write this book. It's also evident by her lifestyle and positive outlook that she walks her talk and this will give you confidence that you are in good hands with Andrea as your coach. I know it is Andrea's mission in life to help as many people as possible to maximize their health and to live a balanced and happy life. I am confident that if you care about your health and your life then you will buy this book, read it and if you follow its programs and adopt the attitudes set out in it you will achieve your goals! If you choose to accept the Mission Slim Possible- you will be able to transform your life! In fitness and health, Mo Hagan Maureen Hagan - Licensed Physiotherapist, Certified Fitness Instructor, VP Operations at GoodLife Fitness

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