

I Can Make You Thinner

A Paul McKenna Easy Weight Loss Workshop

**Do you want to be thinner and
feel better about your body?**

Seven times more effective than dieting, the Paul McKenna Easy Weight Loss programme has a proven success rate of 71% + and you can benefit from it right now, no matter what you like eating or what you weigh our Easy Weight Loss Workshop can work for you.



Just imagine it now...

Eat what you want

(and still lose weight) with...

- **No dieting**
- **No low fat**
- **No low carbohydrates**

It doesn't matter what it is you like about eating, whether its fish & chips or a kebab on the way home from the pub or if it's visiting the fridge before going to bed. It doesn't even matter if you are a choc-o-holic or Cola crazed drinker - our **Easy Weight Loss** workshop is for you.

Recent research tells us that the best diet is between 6-10% effective.

So let me ask you this...

Would you buy a new car or washing machine if the manufacture told you it would only be 10% reliable! – of course not, so why waste your hard earned money on diets that don't work!

So now is a good time for you to realise that changing the way you think about food is fastest, easiest and most affordable way to lose weight. By the time you have completed this workshop you will already be thinking and behaving differently around food!

Kate Howlett lost 4 ½ stone



"Before I started doing the Paul McKenna weight loss system I tried every sort of diet – fat counting, calorie counting, I even tried not eating until after five o'clock at night"

Maureen Edwards lost 19 stone

"I've gone from 28 stone to 9 stone in two years and every day I still feel great about how different life feels."



Book early as places are limited. For more information call:

01472 311751

This workshop will be facilitated by Terry Ingham

Terry was trained by Paul McKenna and works with him running his Easy Weight Loss programmes in London. Terry is a qualified performance coach, master practitioner and licensed trainer in NLP.