

THE MOST OVERLOOKED SOLUTION FOR WEIGHT LOSS

16 Ways to train your brain to achieve success and *maintain* it!

If information about exercise and proper nutrition were all people needed to be lean and fit, the world would not be experiencing an obesity epidemic. Tara Marie believes that the fundamental problem for most people is not lack of information. The real problem lies in the way we *think*. All behavior is preceded by thought, and once you master the mental game of fat loss, your body will settle into a healthy weight. Train your brain and change your body!

Tara Marie Segundo, M.A. is a Fitness Expert, Personal Trainer, Motivational Strategist, and Radio Talk Show Host based in New York City. Visit www.TaraMarie.com or call (877) 692-6221 for more information.

Suggested Questions:

1. At the beginning of your forthcoming eBook you talk about "mental viruses." What do you mean by this term?
2. What are some of the most prevalent "mental viruses" you see in people?
3. You also talk about what you call, Success-Generating Thought Patterns. What are some examples of these?

4. You don't mention specific exercises or nutrition advice, yet the eBook is about weight loss. Why did you choose to structure it this way?
5. Do you have any advice for people who feel stuck and unable to get started losing weight, eating well, and getting fit?
6. Where can people get your forthcoming eBook?