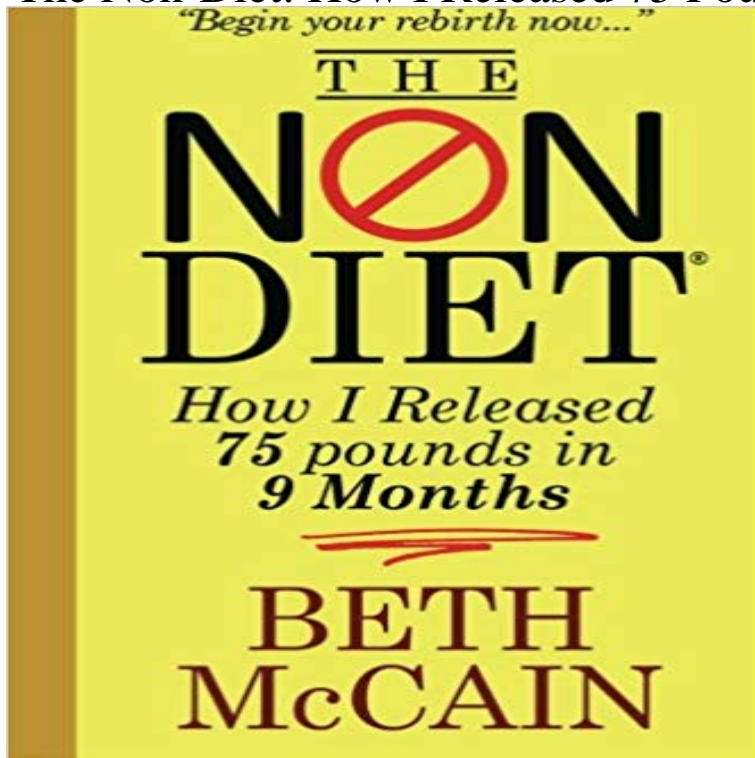


## The Non-Diet: How I Released 75 Pounds in 9 Months



Are you ready to read a book that will change your way of thinking about losing weight and will get you on the road to feeling good? Then the Non-Diet book is for you. Positive Thought and Law of Attraction Instructor Beth McCain engaged in extreme dieting patterns throughout her whole life and then one day she said, No more. Im going to just love who I am no matter what size. She became a positive thought counselor and kept living life to the fullest, yet kept eating whatever she wanted with abandon. And then her doctor informed her that she had diabetes and that she would be injecting daily insulin shots from that point forward. That is when Beth decided to pay attention to what her body was telling her. She embarked on a weight loss journey of her own making that ultimately enabled her to release the weight in the most effective and ease-filled way possible. With determination, changes in her lifestyle, and a positive attitude, she retrained her mind and body to release the weight. To date she has lost over 12 sizes and no longer takes insulin shots. Diabetes is now a second thought instead of a way of life. Let Beth help you gain more energy, release weight without hunger, and discover the transformed you from the inside out.

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