

Make an Investment in Your Life NOW!



Today is the First Day of the Rest of Your Life. Use it Wisely!

I'd like to leave you with a final thought from Friedrich Nietzsche:

What if a demon were to creep after you one night, in your loneliest of

loneness, and say, "This life which you live must be lived by you once again and innumerable times more; and every pain and joy and thought and sigh must come again to you, all in the same sequence. The eternal hourglass will again and again be turned—and you with it, dust of the dust!"

Would you throw yourself down and gnash your teeth and curse that demon? Or would you answer, "Never have I heard anything more divine"?

The choice is yours. Today is the first day of the rest of your life.

ANY FACT FACING US IS NOT AS IMPORTANT AS OUR ATTITUDE TOWARD IT, FOR THAT DETERMINES OUR SUCCESS OR FAILURE.

THE WAY YOU THINK ABOUT A FACT MAY DEFEAT YOU BEFORE YOU EVER DO ANYTHING ABOUT IT. YOU ARE OVERCOME BY THE FACT BECAUSE YOU THINK YOU ARE.

Norman Vincent Peale

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Coaching Works!

What Can Ideal Weight Coaching Do for Me?



"I've tried everything: dieting, exercise, therapy, hypnosis...nothing lasts! How is coaching going to be any different?"

Begin With the Final Result in Mind and You Will Achieve It!

Diets tell you what to eat and usually when to eat, but they don't help you develop strategies for hurdling the emotional blocks to weight loss.

Excess weight is not an eating disorder; it's a thinking disorder. It is the triggering of an unconscious core belief that results in mindless eating - which you don't even know happens until after you've overeaten.

Coaching helps you to develop strategies to stop automatic behaviors in their tracks! Analyzing why the behavior occurs is not necessary with the coaching process. Developing and implementing strategies to stop your sabotaging behaviors, however, is necessary!

Once you set your goals, you, with my support and guidance, will develop a highly effective, personal strategy to attain those goals.

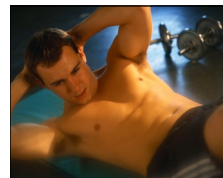
Your Coach Will Help You Develop Personalized Strategies

Many people set goals every year but fail to create a strategy to attain them. That's like driving across the country without a map! Within weeks or even days they've given up or forgotten what they wanted to accomplish. I will help you develop the strategies and stay on course to achieve your goals.

Your Coach Will Hold Your Vision

I believe so strongly in you, that I can hold onto your vision even when you can't see it yet or you feel like giving up. I know without a doubt that you have the ability to achieve anything you want, and I will provide the support you need until you can see and hold your vision for yourself.

As your coach, I will help you create a vision board that you will look at daily. This vision board will represent your ultimate goal, the end result of what you want for your life!



A Coach Will Hold You to Your Vision!

What are the Benefits of Having Me as Your Coach?

As your coach, I will

- Help you set easily obtainable weekly goals
- Work with you to create a realistic action plan
- Encourage, nudge, and challenge you to act
- Help you identify the blocks to achieving your goals
- Assist you in overcoming those blocks
- Support you unconditionally
- Believe in you completely

In addition to coaching, you will receive a copy of my book **Weight Loss: A Quick Reference Guide.**

This extremely readable book provides information on core beliefs, triggers, and tricks on how to stop them, information on neurotransmitters and how they can affect your appetite, calculations for your body mass index, your resting metabolic rate, and your ideal calorie intake, and plenty of tips on getting started.

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