

SUBJECT: Out of control...

Hi

It's Stephanie Blake here, from Totally Transformed Coaching.

Do you remember seeing that story on the TV last August?

You know, the one where the truck driver in Harford County, Maryland, lost control of his truck and died when it crashed?

His tractor-trailer had a full load of propane.

Around 9:00 PM, driving down a steep hill into Port Deposit, he lost control when he turned toward the main street.

The truck hit some power poles, flipped over, and exploded.

The fireball was four stories high and it took firefighters three hours to bring the fire under control.

Fortunately, no other vehicles were involved in the accident and no one else was hurt.

Makes me think about the way we sometimes run our own lives.

The truck driver who died was just 35 years old. He had the rest of his life to look forward to – he thought.

But his life came to a sudden fiery end at the bottom of a hill in a strange town on Route 222.

What about you?

Do you sometimes feel like your life is out of control?

Like your body's a runaway truck and you're headed for disaster?

Maybe your doctor's told you you're borderline diabetic, and if you don't get your weight under control you'll flip over to full diabetes?

Or maybe you want to get health insurance but you're too overweight and can't afford the high premiums?

Or perhaps your knees are starting to give out because of all the weight they have to carry every day?

Whatever your issue, NOW's the time to take control.

Don't wait until it's too late – until your truck flips over, crashes through the power poles of life, and slides to disaster.

Think stroke, heart attack, diabetes...

It happens every day, to MILLIONS of people.

Two years ago my own life was out of control.

I was so fat I struggled to climb the 14 steps from the garage to the lobby of my building.

It felt like I was climbing a skyscraper!

I also felt desperately self-conscious.

People used to stare at me and I knew they were thinking I was overweight through laziness.

When I flew I had the embarrassment of having to request a seat belt extender... because the seat belts were too small.

Plus I had to sit on the aisle or window seat so I wouldn't get stuck in the middle between other people.

I used to play softball in high school but had to give it up because I'd grown too fat.

I later longed to play in the softball league again with my friends, but couldn't because I was just TOO OVERWEIGHT.

I worried I'd hamper the team, because I didn't think I was good enough.

When I wanted to buy clothes, I couldn't just go into any store and buy them – I had to find a specialty store that catered for fat women, like me.

I wanted to look like everyone else... to look NORMAL.

I didn't want the heads to turn every time I walked down the street.

To hear the giggles of other women who looked and pointed at me as they snickered to one another.

Plus my health was going downhill fast because of my knee problems, diabetes, and high cholesterol levels.

Life had become one long, sad DRAG.

Until... I took control.

I decided enough was enough and I was going to make the changes I HAD to make to transform my situation, so I could live like a normal human being again.

What's the point being alive if every day is just a misery?

None of us knows how long we have to live on this earth.

Why not squeeze the max from every day?

Over the last two years I've learned a lot about nutrition, stress control, motivation, and exercise.

It's worked for me because I've lost over 100 pounds.

The first month I lost 15 inches from my waist and began to feel like a new woman!

My energy levels are back up and I can now easily climb the stairs without getting tired and breathless.

I can go into any store and choose any dress I want to – right off the rack.

Now when I fly I can sit where I like and the seat belt fits me easily.

I don't feel like a loser anymore, and people now respect me.

My life is TOTALLY TRANSFORMED and I want to help you get to where I am.

But you have to take action – no one is going to do it for you.

It starts with that first small step. Then the second... And the third.

The more steps you take, the easier it gets.

Within just two short weeks you'll notice a difference – if you follow my program to the letter.

I GUARANTEE it, because it's based on science.

To find out more, go here

<http://totally-transformed-coaching.com>

To your total transformation!

Stephanie