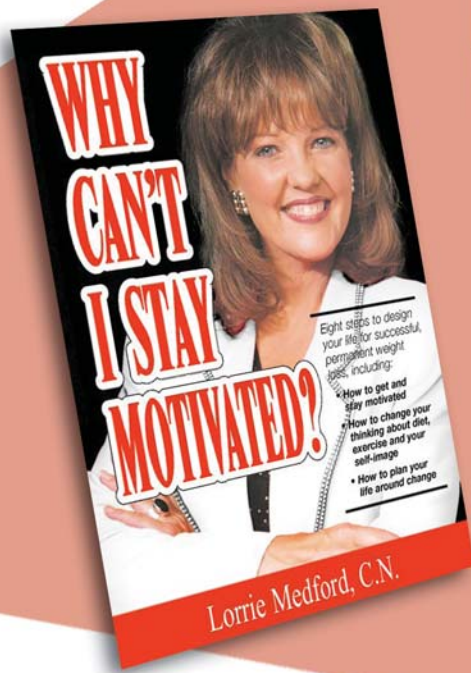


# You Are Already Motivated!



Finally, a user-friendly book that will not only tell you why you don't feel motivated, but how to dig up the motivation you already have. More than that, it looks at all of the parts of motivation, including goal setting, time management, changing your self image, nutrition and exercise. You can lose weight and keep it off. Why Can't I Stay Motivated? is your step-by-step plan to permanent weight loss.

## In ***Why Can't I Stay Motivated?***, you will discover:

- How to form healthy habits
- How change your thinking about diet, exercise and your self image
- How to get and stay motivated
- How to set goals and manage your time
- How to eat healthy, fat-burning foods
- How to start and stay with an exercise program

What do you do when you get **discouraged?** **bored?** **tired?** **What do you do when you want to give up?** Reading Lorrie's book will help you know what you are changing and why. You won't be one of those 95% of people who after they lose weight, gain it all back again. This book is about designing your life for change, and changing yourself from the inside out.

Lorrie's book is timely, easy-to-read, and packed with practical tips that she used to not only lose weight and keep it off, but to changer her life. She also has clinical experience with thousands of people who have lost weight and changed their lives. Her book can be a turning point in your life.

*Jim Stovall, President  
Narrative Television Network  
Author of You Don't Have to Be Blind to See*

## Let Lorrie help you stay motivated!



Lorrie Medford, CN is a licensed, Certified Nutritionist with a thriving practice in Tulsa, OK, called Life Design Nutrition. After solving her own weight and energy crisis, Lorrie has lost more than 35 pounds and has kept the weight off for the last eighteen years. She's studied nutrition, cooking, health, and fitness for 20 years and is also a Certified Personal Trainer. She's written *Why Can't I Lose Weight?*, *Why Can't I Lose Weight Cookbook*, *Why Can't I Stay Motivated?*, *Why Am I So Wacky?* *Why Do I Feel So Lousy?* *Why Do I Need Whole-Food Supplements?* and *Why Eat Like Jesus Ate?*

Retail price: \$14.95. Please ask for professional discounts. You may place your order for *Why Can't I Stay Motivated?* or any of Lorrie's other books, using any of the following options:

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Tulsa, OK 74146

### By calling:

(918) 664-4483

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