

# The LivingLean® Weight Loss & Nutrition Program

Is it a struggle to control your eating habits? Do cravings for certain foods thwart your efforts to be slim, fit, and healthy?

LivingLean is very different from anything you've ever seen or tried before. It is not a diet, and you don't need willpower. For 3 decades we've been helping people gain control over food cravings and unhealthy eating habits - permanently. We can help you too.

Imagine waking every morning feeling healthy, confident and in control. Imagine thinking about your favorite foods and not even caring. You can do it!

## How it works

As an unhealthy eater, certain beliefs and thought patterns have kept you emotionally connected to certain foods and eating patterns. LivingLean is an online video-based coaching course designed to help you:



### EXPOSE FALSE BELIEFS

Discover the real reason you eat in unhealthy ways (hint: it's not what you think) and learn how your subconscious mind tricks you into feeling the urge to eat... even though you don't need to.



### DESTROY SELF-DEFEATING THOUGHTS

Master a simple technique that instantly neutralizes the thought patterns that create your food cravings.



### FLAT-LINE CRAVINGS, BREAK UNHEALTHY HABITS

Rewire your brain so you no longer care about the unhealthy foods that have kept you from looking and feeling your best.

Here's the main point: once you complete LivingLean, you will have total control over what, when, and how much you eat.

## The Details

LivingLean consists of 14 online video-based sessions, each split into short segments. Log on privately and conveniently, 24/7, via internet-enabled PC, tablet or smartphone. The first time you log on you will watch a brief tutorial and set up your course calendar. After that, just follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments. It's that simple.