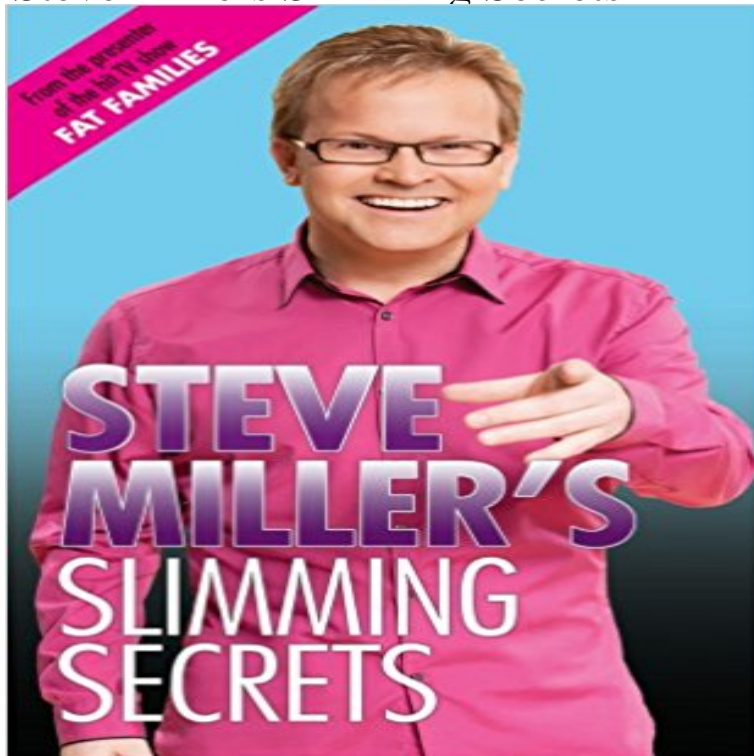


Steve Millers Slimming Secrets



Steve Miller is a hugely successful life coach, motivational speaker, presenter and author. He has a wide-ranging audience in the UK through presenting the Sky 1 and Sky Living series Fat Families, which has just been nominated for best lifestyle TV award 2011. This new book is a comprehensive and simple guide not only on how to get weight off, but to keep it off, through a positive way of thinking. Steve helps readers identify their motive for losing weight including family, career, relationships and health. He also addresses the practical strategies that can be used to program the mind to lose weight and mentally reframe situations where temptation lies, including party food, nights on the booze and other associated social situations that have food and drink at their heart. Readers are given advice on how to surround themselves with people who will support their drive for weight loss and ditch those who try to ambush their positive attitude. This includes friends, family and partners. Exercise is the one thing that many wannabee slimmers find difficult, especially women. This is also covered in this book as Steve offers an inventory of exercise regimes to fit different lifestyles e.g. families, single busy executives, single parents etc.

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