

My Gift to You

I want to help you take the first step towards weight loss success. As someone who has achieved permanent weight loss, I know the first step is: ***Willingness***

Here's a Willingness Quiz to help you determine if you're ready for permanent weight loss! Since you can do more damage to your body and metabolism by repeatedly trying strenuous, highly-restrictive diets, if you don't meet these willingness requirements, take steps to get willing!



***Pat Barone, CPCC, PCC
"America's Weight Loss Catalyst"***

Are you willing to let go of the Quick Fix?

Strenuous diets that allow you to lose weight on the scale quickly are not burning fat and will never be successful routes to permanent weight loss. Instead, they burn a lot of body fluids and muscle, which lowers your metabolism. That process eventually halts weight loss, even on the diet, and makes it harder to lose weight next time you try. In order to lose weight permanently, you need to burn fat, which is a complicated and slow process. Accept that, and weight loss will be easier for you!

***Fabulous Fat
Flush Diet!
Lose 30 lbs. in
just 14 days!***

Are you willing to stop being a victim?

Blaming your body, heredity, parents, childhood conditioning or anyone in your life is a form of victimization. You become a helpless victim and have no power in the weight game. The only way to stop being a victim is to take responsibility for your weight and behavior with food. Accept responsibility, and weight loss will be easier for you!

Are you willing to make friends with your body?



Our bodies aren't out to kill us. They're desperately trying to help us achieve a healthy weight. In order to lose weight permanently, you must learn to work with the natural urges, tendencies and energy of your unique body.

Are you willing to follow a unique, lifelong path? Do that, and weight loss will be easier for you!

Following the crowd gets you the crowd's results. With 60% of America overweight and over 95% of dieters failing repeatedly, the crowd is not getting successful results! In order to lose weight and keep the weight off, you'll need to find what works for you and stay true to your greater values and goals, no matter what the crowd is doing. Make changes that will stay with you for life, and weight loss will be easier for you!

Are you willing to let go of the past and move ahead?

It doesn't matter how many efforts you made in the past, how many times you lost weight and gained it back. Fear of repeating the past is one of the biggest roadblocks on your path to a healthy, permanent weight. Climb over that roadblock now, and weight loss will be easier for you!

This is one of my favorite stories demonstrating how coaching works:

You are traveling down a winding road. It's dark and foggy. You descend into a lower stretch of the road and the fog intensifies.



Then, as you begin to come out of the denser fog, you realize you're on the wrong side of the road and there's a car headed straight for you.

What do you do?

Do you think back to your driver education instructor and blame her for inadequate teaching?

Do you curse your parents because they never spent extra time helping you perfect your driving skills?

Do you pour hatred into your own body because it didn't sense a way to keep you on the right side of the road?

OR

Do you correct your steering wheel, get back into your lane and get on with your life?

Is it time for you to get on with your life in a happier, healthier body?

An Added Gift!

Sign up for the next Group Coaching for Weight Loss and use this coupon for \$50 off your first month's fees:



Catalyst Coaching LLC

Offer No. G1307

...  Join a Group Coaching team and receive \$50 off your first month's fees.

For more information, see www.patbarone.com and click on the link for "Change Your Weight Forever" under Groups.

Limited Time Offer - You have 24 hours to take advantage of this offer. Call 608.231.6750 or email patbarone@earthlink.net now!

www.patbarone.com
608.231.6750

**Experience true
change that lasts a
lifetime!**

Put www.patbarone.com in your corner as you achieve permanent weight loss! Good luck to you! -- *Pat Barone*



Pat Barone CPCC, PCC
"America's Weight Loss Catalyst"

In 1996, Pat Barone was completely fed up with dieting, yo-yo weight regain and the rising dosage of antidepressants her doctors were recommending. Frustrated and angry, she decided she would lose weight permanently.

Her doctors couldn't help her. Nutritionists, personal trainers and celebrity diet gurus didn't have the answer. So, she set out to figure out the keys to permanent weight loss on her own.

After losing over 70 lbs and keeping the weight off for over five years, she entered the elite club of people who achieve successful, permanent weight loss. And everyone was asking her for help! She founded Catalyst Coaching LLC with the mission of helping others lose weight permanently, so they would not have to do it over and over again.

Pat has earned her title "America's Weight Loss Catalyst" through her dynamic work with thousands of men and women via personal coaching, seminars, books, CDs, workshops and her Catalyst Weight Management Course. Visit www.patbarone.com for more information.