

**START** *Making Weight Loss Easy with . . .*  
**FREE MY BODY- Quick Start**  
(5 Week Program)

To get your weight loss on the right track easily and successfully by losing emotional blocks that have been stopping you for a long time and finally making weight loss easy. Get the guidance and support that'll you'll need. Ideally suited for those that have 15 pounds or less to lose.

**This is for you if . . .**

- **You are sick and tired of *trying and struggling*** without getting the results you want
- **You want** to lose weight *without* diets, struggle or restrictions
- You **don't want** to fight yourself any longer and *feel defeated*
- Those extra pounds are *holding you back* in some area of your life
- ***It's time*** to start getting **real results!**

**What you can expect:**

- ***Find out*** what's really been holding you back and who you can be now!
- Release and ***eliminate your inner emotional saboteur*** that lead to the confusion of over or under eating
- ***Understand*** the connection between experiencing anxiety and other negative emotions and food
- ***Learn*** what to do and how to eliminate those emotions
- ***Naturally***, easily and spontaneously make better food and body movement choices.
- **Feel** calm and confident as you successfully lose the weight
- You'll be able to ***naturally allow*** your body to **lose the weight successfully**

## Free My Body – Quick Start includes:

- **5 - Weekly one-on-one private coaching sessions** - with Carol to laser focus on what's keeping the weight on and eliminate any blocks to losing weight
- **2 - 10-minute 'Burst' calls** - to brag about your success or get you over the hump if you hit a bump
- **1 - Weekly email access** - to Carol with a clear and succinct question
- **Weekly 'Acceleration' assignments** - to help continue your success
- **BONUS:** 2 - Awesome Tapping Audios to help skyrocket your results

## ***FREE MY BODY – Transformation*** *(3 Month Program)*

**For those really committed to transforming their body and their life. Dive deeper and go further so you not only lose the weight, but eliminate all the core issues that have been holding you back, so you keep it off permanently and totally experience a powerful and exciting transformation. Ideally suited for those who have over 20 pounds to lose**

### **This is for you if . . .**

- **This is it!** *You really want to* lose the weight but you want it to feel easy
- You really want to like ***what you see*** in the mirror
- You are sick and tired of ***trying and struggling*** without getting the results you want
- You want to lose weight ***without diets***, struggle or restrictions
- You don't want to ***fight yourself*** any longer or feel defeated
- Those extra pounds ***are holding you back*** in some area of your life

- **You need help** because what you're doing isn't working
- **It's time** to get real results!

### What you can expect:

- **Find out** what's really been holding you back and who you can be now!
- Release and **eliminate the emotional saboteur** that lead to the confusion of over or under eating
- Feel **calm and confident** as you successfully lose the weight
- **Understand** the connection between experiencing anxiety and other negative emotions and food
- **Learn** what to do and how to eliminate those emotions
- Naturally, **easily and spontaneously** make better food and body movement choices.
- You'll get practical and emotional support so **you can succeed**
- Allow your body to **naturally and easily** release the excess weight
- **Finally** succeed where everything else has failed

### Free My Body – Transformation includes:

- **12 Weekly one-on-one private coaching sessions** with Carol to laser focus on what's keeping the weight on and eliminate any blocks to losing weight
- **6 10-minute 'Burst' calls** - to brag about your success or get you over the hump if you hit a bump during the program
- **2 Weekly emails access** - to Carol with a clear and succinct question
- **Weekly 'Acceleration' assignments** - to help continue your success
- **BONUS:** 4 - Awesome Tapping Audios to help skyrocket your results
- **2<sup>nd</sup> BONUS:** Laser focused Tapping scripts for individual challenges
- **3<sup>rd</sup> BONUS:** Ancient Secrets about you and the food you eat.

## ***FREE MY BODY – Ultimate*** ***(6 Month Program)***

For those really committed to transforming their body and their life. Dive deeper and go further so you not only lose the weight, but eliminate all the core issues that have been holding you back, so you keep it off permanently and totally experience a powerful and exciting transformation. Ideally suited for those who have over 50 pounds to lose.

### **This is for you if . . .**

- **This is it!** *You really want to* lose the weight but you want it to feel easy
- You really want to like ***what you see*** in the mirror
- You are sick and tired of ***trying and struggling*** without getting the results you want
- You want to lose weight ***without diets***, struggle or restrictions
- You don't want to ***fight yourself*** any longer or feel defeated
- Those extra pounds ***are holding you back*** in some area of your life
- ***You know you need help*** because what you're doing isn't working
- ***It's finally time*** to get real results!
- ***Determined*** that your life is going to change and you're willing to do what it takes to have the 'Ultimate' success with all the support you need
- You are so ***ready!***

### **What you can expect:**

- ***Find out*** what's really been holding you back and who you can be now!
- Release and ***eliminate the emotional saboteur*** that lead to the confusion of over or under eating
- Feel ***calm and confident*** as you successfully lose the weight

- **Understand** the connection between experiencing anxiety and other negative emotions and food
- **Learn** what to do and how to eliminate those emotions
- Naturally, **easily and spontaneously** make better food and body movement choices.
- You'll get practical and emotional support so **you can succeed**
- Allow your body to **naturally and easily** release the excess weight
- **Finally** succeed where everything else has failed

### Free My Body – Ultimate includes:

- **23 Weekly one-on-one private coaching sessions** with Carol to laser focus on what's keeping the weight on and eliminate any blocks to losing weight for 'Ultimate' success in losing those unwanted pounds, plus a . . .
- **2 Hour initial private 'Free My Body Acceleration Session'** – to dive deep into what's in the way and accelerate your ultimate weight loss
- **12 10-minute 'Burst' calls** - to brag about your success or get you over the hump if you hit a bump during the program
- **Unlimited email access** - to Carol with a clear and succinct question
- **Weekly 'Acceleration' assignments** - to help continue your success
- **BONUS:** 8 - Awesome Tapping Audios to help skyrocket your results
- **2<sup>nd</sup> BONUS:** Laser focused Tapping scripts for individual challenges
- **3<sup>rd</sup> BONUS:** Ancient Secrets about you and the food you eat.

Want to know which program is right for you? [Click here to see the interview with Carol.](#)

[Click here to sign up for your FREE chat with Carol.](#) Learn what will work the best for your individual needs.

**I am ready to start now!** Click button to sign up.

