



# **The Lean Life: A Story to Give You the Motivation and Tools Needed for Lasting Fat Loss and Lifelong Health**

*Brooks Hollan*

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## Are You Finally Ready for Lasting Weight Loss?

Are you ready for a diet book unlike any other? I know what you're thinking and no, it's not a fad, a quick-fix, or a gimmick. Enter *The Lean Life*, an inspiring, innovative, and entertaining story—yes, story!--about a young man named Timmy who finds the will to change his life for the better after a series of life-altering events. As Timmy learns how to shed pounds easily and effortlessly, so will you. In fact, you'll be so absorbed in the storyline that you may not realize how much you're learning. Pretty soon you'll find yourself making healthy choices and dropping pounds without even trying. Getting lean for life is easier and more enjoyable than all those other boring diet books and programs would have you believe.

## Simple Changes, Big Results

It's easy to get overwhelmed when you want to lose weight. Calorie counting, complicated exercise plans, weighing and measuring your food...who has time for all that? *The Lean Life* introduces a plethora of simple steps that are painless to implement in your daily life but still lead to real results, and the focus is all on you—your values, your motivation, your life. Hollan covers everything from nutrition and movement to positive thinking, making this a truly comprehensive weight loss program.

## The Lean Life Has Something for Everyone

"It's a great book, everybody! You won't be disappointed. I have been an Occupational Therapist for 20 years prior to being an Attorney and I thought I knew all I needed to know about posture, diet, exercise and injury. Brooks has taught me quite a bit in this book. Easy to practice advice that won't stress you out. Things you can practice while simply living your life." ~ Patricia Boylez

After reading this book, you'll be inspired to change your life and the lives of everyone around you. Whether you want to lose weight, know someone close to you who does, or are a health professional looking to find new ways to communicate with your clients, you'll find something of value in this book.

Download *The Lean Life* on Kindle today. Also available as a paperback.

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#### **Shari Villa:**

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