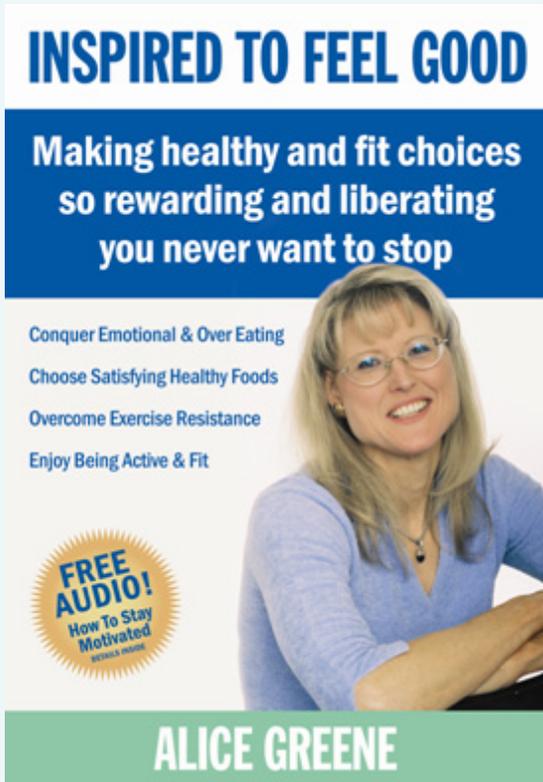


NO LONGER THINK OF EATING OR EXERCISE AS A CHORE OR PROBLEM



This book is changing the way people get fit and healthy, so they can finally reach and maintain their goals.

Learn how to think, eat and exercise in a way that feels good and natural, so it is no longer a burden or issue in your life. Instead make it a great part of your day you look forward to.

Discover how good it feels to enjoy eating satisfying healthy foods and being active and fit.

Become inspired by a success-based approach to fitness and weight loss that isn't a struggle but a welcome choice. You will love the way you feel, think and look.

Get:

- 3 simple steps that will change your mindset
- A step-by-step coaching program to achieve success
- Easy guidelines for selecting healthier foods and regular activity out of choice rather than obligation

"Alice provides a whole new way to think and feel about eating, being active and improving your personal health."

—Nick Yphantides, MD, physician and author

"*Inspired to Feel Good* offers a practical and enjoyable approach to healthy eating and regular exercise."

—Michelle May, MD, physician and author

"Alice Greene shares her wise and welcome formula for helping you change the way you eat and exercise by helping you change the way you *think* and *feel*. *Inspired to Feel Good* is a gift."

—Keith Ablow, MD, psychiatrist and author

"Alice offers wisdom about how to eat and exercise in this powerful and common sense book that will help you succeed at reaching your health, fitness and weight loss goals." —Marcia Wieder, CEO Dream University® and author

"*Inspired to Feel Good* succeeds where too many diet and exercise books fail — in supporting lasting, real-life change even in the face of real-life challenges."

—Pilar Gerasimo, Editor in Chief, *Experience Life* magazine

"I no longer eat with anxiety. I've struggled with food for years and felt hopeless. Now I eat what I want in balance, without overeating or having cravings and obsessions. This is an amazing program that is giving me freedom"

— Debra Smith, coaching client