

PRAISE FOR LOSE FAT, NOT FAITH

“So far, this has to be one of the best books on whole life improvement ever written.

I mean that in all sincerity. I find myself reading and then re-reading chapters over and over to make sure I get the full impact of them. One of your links in the book that directed me to your web site to view your photos was amazing ... What I have read so far has done nothing but inspire me to reach the next ten levels! Thanks again for a great resource.” **Ronnie Bullins**

“Revolutionary - Award-Winning - Earth-Shattering are just a few words that you'll express after you read this book.

Jeremy Likness has literally rocked the weight loss industry. This book without question is a must for everyone's personal success library. Simply, Jeremy's material is outstanding. What he shares is such powerful wisdom that we all need to live a healthy fulfilled life. Jeremy, a Huge Thanks for caring enough to lay out the strategies that will result in people realizing dramatic results.” **John DiLemme**, International Motivational Speaker and Success Coach www.johndilemme.com

“...I can suggest a book that I really wish I'd written. Please, read on...

The book I'm talking about is Jeremy Likness' popular e-Book [Lose Fat, Not Faith]. Jeremy's book is not only motivational and educational, but is also an absolute blast to read. Jeremy has managed to achieve something very difficult with his writing: he motivates without sounding preachy or talking down to his audience; he manages to entertain while educating and he is never, ever boring. I am reading his book right now and it's fantastic! In fact, I'm so engrossed in his book that it was a challenge to stop reading long enough to break away and write these words. If my book is even half as motivating, educational and well-written as [Lose Fat, Not Faith], then I will consider it an absolute triumph.” **John Stone** www.johnstonefitness.com

“I bought your book because I was really struggling with nutrition and what time to eat certain foods. I read your book the first day I bought it and I have a much better understanding about nutrition today. Thank you so much for writing the book.” **Lisa Sinclair**

“I am so glad that I decided to read your e-book. I thought it would be like all the others, but boy was I wrong. This book really spoke to me and has been a tremendous tool in aiding me to finishing my transformation. Please keep up the great writing, you are really an inspiration to others.” **Yvette Gonzales**

“This book is great! And I recommend it to everyone out there. It deals with a lot more than just losing weight. It deals with problems that a lot of us have that need to be resolved before we make the true change. I had made the lifestyle change about a year ago and managed to achieve a lot in that time frame. Lately I found myself slacking off

and after reading this book I realized I hadn't made that decision from deep down that Jeremy talks about. After reading and listening to the CD about 3 times, I found the real reasons why I want to do this. I now feel like I can achieve again, and that soon enough I'll "Become the Journey"! Thanks Jeremy and everyone who made the making of this book possible." **Junier Hechavarria**

"Jeremy Likness has recently launched his first e-book "Lose Fat, Not Faith - A Transformation Guide." [Lose Fat, Not Faith] Jeremy is very knowledgeable, an awesome writer, and has had first hand experience himself, making an amazing physical transformation. I believe the most valuable section for many people is not the training and diet, but the psychological aspects of sticking to a program and completing it ...

This e-book would be an invaluable addition to any fitness library ...and will work extremely well alongside my programs." **Sue Gilman** idealbodiesonline.com

"I purchased Jeremy's book a couple of months ago and consider it to be a "must have" e-book. Anyone who has been at John Stone Fitness for any time at all knows that Jeremy is a wealth of knowledge...

...The real benefit of the book is the inspiration that comes from it. Jeremy truly did change from the inside out. The book is interspersed with "flashbacks" to Jeremy's thoughts and feelings as he went through his transformation. Well worth the read."

David Patrick

"... I am so thankful to you for these words. Last night I found my why and my fear. I must of known them in my heart, but couldnt verbalize them, or identify them. I could go on forever about my story and how these things affected me, but I wanted you to know that your book has truly helped." **Carolyn Smith**

"I've had a couple of days to go through some of Jeremy's material, and in short... it's a phenomenal source of information. Jeremy has apparently taken everything that he has personally learned in regards to nutrition, training principles, and personal growth, and squeezed it all into one easy to follow, and easy to research package. You could spend literally months or years trying to dissect all of the information that is available in books and on the internet, and still never be able to understand it in simple terms. [Lose Fat, Not Faith] breaks it down so that you don't need to be a nutrition expert, or a personal trainer(or even consult with one) to understand what it takes to set and reach your goals. The fact that it is an e-book opens up so many other resources that could never be contained in traditional format. Not only does Jeremy explain in easy to understand detail, the aspects of nutrition and training, but the e-book actually links to additional information and calculation tables on the web. You don't have to go find them.

As somebody who has been preparing over the last several months to be become a certified personal trainer myself, I really have to say that, [Lose Fat, Not Faith] is a one stop resource on the way to changing ones overall health and fitness for the better.

This e-book has turned out to be much more than I had anticipated it would be.” **Walter Lorne Goddard**

“I have now read Lose Fat, Not Faith twice. I learnt a lot about myself from you. I looked deep into myself to find my "why". Before I always thought "everything will be great if I can just get myself into shape". I actually believed that the root of my problems was not being happy with my physical appearance and now I have finally learnt that my physical appearance is the result of not being satisfied in other areas of my life.

For the first time I am thinking long term and instead of launching into a program in a wild frenzy, I am now concentrating on improving all aspects of my life and live by two sayings "Progress not Perfection" and "Quality not Quantity".

...Thank you for the great inspiration and helping me to unlock some of the reasons why I have been untrue to myself ... ” **Natalie R.**

“I purchased the book last night at around 6pm I believe. It is now 1:04pm, the next day, and I have read the entire 384 page book. I stopped last night after reading 108 pages to work out and after only reading those first 100 pages the book had already had an effect on my workout.

I began to have conversations with what Jeremy would call future legend. The most important thing that I got from this book, aside from Jeremys incredible and inspirational story (that i'm sure will cause me to push harder at every single workout from now on), is how to put yourself in the mindset for a healthy lifestyle, the importance of setting goals and how much a positive attitude really can effect your ENTIRE LIFE.

You can find specific information about different types of cardio routines, diets, strength training routines, and all sorts of information, but the stuff you get from this book you will not be able to find anywhere else which is the tools for being healthy mentally.

After you read this book you may find yourself thinking about your transforming as a never ending lifestyle, I know that is how I view it now although I was slowly going that way before reading the book. I knew that I would always pay attention to my physical and mental well-being, but Jeremys book will really give you the tools to make that possible. Aside from teaching you how to be well mentally, there is tons of information about nutrition (covered just about everything I ever wanted to know about nutrition (THE HARD COLD FACTS, especially the carbs section) and training (sections on deads, squats, pullups, ab workouts, and other things unique to this book such as relating fitness to the chaos theory).

To be honest, this book make me realize that i've been focusing way too much on eating exact portions, and very minute, precise things in my diet and training... and that there is a difference between obsession and dedication and finding a balance is really what its all about. Can't stress enough how glad I am I purchased this book and will constantly refer

back to it as a healthy lifestyle bible and also for the plethora of very useful links that come with the book. Buy this!!!" **Jason Keen**

"Jeremy does a fantastic job of providing enough technical information without overwhelming the reader with too many technicalities that many other books provide. I really enjoyed reading the portions of Jeremy's own story of transformation interlaced between sections of the book.

I would recommend this book to any beginner that needs to take their first step, and also to anyone who has attempted or completed a challenge of their own but hasn't quite been able to make it a lifestyle." **Don Johnson**

"What a gift you have given me ... I don't know how to thank you. I wish you could have seen my face when I opened it. It is just like a big treasure chest... I keep reaching in and getting little nuggets of knowledge, inspiration and help. This is truly a gift that keeps on giving." **Cheryl H.**

"Lose Fat, Not Faith: A Transformation Guide" is an extensive guide to total health.

Unlike most guides of this type, this book takes a more balanced approach by looking at motivation to change one's lifestyle as well as the commonly studied aspects of diet and exercise. Moreover, instead of dictating one particular limited diet or exercise routine, the author sets out to teach the reader how to create such regimes that are tailored to his or her needs, wants and desires...

"Lose Fat, Not Faith: A Transformation Guide" is a well-written motivation, diet, and exercise guide.

This book is full of information to educate the reader and start him or her on a journey of self-exploration. The mass amount of information is presented in a straightforward gradually evolving format to reduce potential reader frustration and intimidation.

ebook-reviews.net

...In a weight loss 'market' overwhelmed with faceless corporations it's refreshing to read a story from the 'coal-face'.

Intertwined in this program, is the story of the author's personal journey from heartache to wholeness...

[Lose Fat, Not Faith] has an extensive section on nutrition. In the book you will discover some surprising insights regarding the quality of food. There is also an excellent section on exercise and weight training – helping you to push your body into fat burning mode...

It's an inspirational real-life journal and manual of one person's journey – a journey of complete transformation.

If you're serious about facing your weight problems head-on, and beginning the transformation - then read Jeremy's book and enjoy the journey.

freedieting.com

"Jeremy wrote an incredible book, "Lose Fat, Not Faith: A Transformation Guide." ... What makes this book so special is Jeremy's honesty. The power of full disclosure is inspiring. Each section of the book is separated by entries from his journals or of his experiences: his lowest lows and greatest moments ...

I highly recommend this book to anyone who feels they would benefit from an inspiring, personal story as a motivator to make changes in their own life." **Darren Stehle**
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