

Foreword

By Monica Brant, IFBB Pro Figure Competitor,
1998 IFBB Fitness Olympia Champion, and Cover Model

Since 1991, when I began lifting weights, I've won numerous fitness competitions and graced over 100 national and international magazine covers while inspiring men and women throughout the world to achieve their fitness goals. Even though my successes in the fitness arena were unexpected, my results have been a reflection of my taking control of the situations that have been presented to me and believing in myself. These results can be yours too in whatever walk you may be walking in life! In *Lose the Lies, Lose the Weight*, Laurie will show you how to take control of your own situations and make drastic changes for the rest of your life!

Lose the Lies, Lose the Weight cuts to the chase of what permanent weight loss really requires. It teaches you to eliminate every excuse for your size and begin focusing on the solution. Ladies, permanent weight loss is simple, but it does take lots and lots of dedication! Permanent weight loss means taking full responsibility for your actions, before and after you decide to make a commitment to yourself!

Every fitness accomplishment in my life, whether winning the 1998 Fitness Olympia, co-hosting Kiana's Flex Appeal, or being the Co-Promoter of the NPC Monica Brant Fitness Classic, is a direct result of making a conscious decision about my next move, setting a goal, then reaching out and making it happen! Don't forget though that YOU have to believe in yourself to make your goals happen!

Lose the Lies, Lose the Weight is not "another diet book." It teaches you how to live the fitness lifestyle. You will learn to view food as energy—not as entertainment or a crutch for your emotions. You will learn to make eating decisions based on what promotes excellent health, high energy, and a fit appearance! Instead of avoiding exercise, you will learn how to enjoy and embrace an active lifestyle.

Lose the Lies, Lose the Weight provides the complete package—the psychology, nutrition, and exercises that you need to know to keep those pounds off permanently. This book will work for anyone and everyone who is really ready to stop looking for the quick fix! Trust me, quick fixes don't exist and if you find one, run the other way—FAST! Remember, the faster it comes off, the faster it comes back and sometimes with added issues!

You may think you've tried everything but you haven't until you try reading *Lose the Lies, Lose the Weight*. This book shatters all the self-defeating myths you believe that prevented you from losing weight and keeping it off. Once you know the truth and *apply it to your life*, fitness success will come naturally.

Lose the Lies, Lose the Weight is a must-read for all the women who haven't learned that fitness success is within their grasp. The message from this book, which best summarizes my success as a fitness professional, is to believe in yourself, work hard, and be relentlessly determined so you can have better health and the beautiful figure you've always wanted. LADIES, you need what Laurie has to offer and it is never too late to start! Now! What are you waiting for?

"The day you decide to believe in yourself is the day your life will positively change forever. You can reach every goal you set. You can be a champion in your own world!"

Stay Fit, Love Life, God Bless YOU!

—Monica Brant

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