



# Healthy! Healed! Happy!

JENNIFER NICOLE LEE, bestselling author and the world's most accomplished top fitness model, reveals her complete lifestyle program for weight loss and wellness. It's the revolutionary diet of the future that everyone is talking about!

## The Mind, Body & Soul Diet

It's the new, innovative way people will lose weight and get fit *forever*. In *The Mind, Body & Soul Diet*, international fitness celebrity Jennifer Nicole Lee will teach you how to

- lose weight, and keep it off forever!
- eat delicious antioxidant-rich foods!
- create anti-aging beauty rituals you'll actually enjoy!

Jennifer Nicole Lee's inspirational 80-pounds-plus weight loss success story has motivated millions worldwide. A highly sought wellness guru, Jennifer has been featured on *Oprah*, CBS's *Early Morning Show*, *Fox & Friends* and *E! Entertainment!*

Now her priceless health expertise is yours in this breakthrough book. Featuring a foreword by bestselling author Dr. Joe Vitale, *The Mind, Body & Soul Diet* will *forever* improve the quality of *your* life.

JENNIFER NICOLE LEE is the world's most accomplished top fitness model and an international celebrity due to her wildly successful globally broadcast infomercials and key media appearances. JNL is also a bestselling author, wellness guru, highly sought-after motivational speaker, and specialist in sports nutrition and supplementation with an emphasis in anti-aging. Her inspirational weight loss success story has inspired millions to take action in their own lives, and her cutting-edge yet timeless approach to fitness has been featured on *The Oprah Winfrey Show*, *E! Entertainment*, *The Big Idea with Donny Deutsch*, CBS' *Early Morning Show*, *Inside Edition*, *Fox & Friends*, *WE* Entertainment's *Secret Lives of Women*, and in countless magazines. She is a fitness icon and has become a household name, due to making regular appearances on networks such as HSN, sharing her favorite wellness and fitness products with millions of viewers. For more information, please visit [www.JenniferNicoleLee.com](http://www.JenniferNicoleLee.com)



"If you follow this wonderfully complete program you will definitely lose weight. I highly recommend it."

—JACK CANFIELD,  
Co-author of *The Success Principles* and  
co-Founder of the bestselling series  
*Chicken Soup for the Soul*®

"In *The Mind, Body & Soul Diet*, Jennifer Nicole Lee shows us how we can be healthier, healed, and yes—happy! Her approach to total well-being is easy to follow, yet yields amazing results. This is a must read!"

—MARCI SHIMOFF,  
#1 *New York Times* bestselling author,  
*Happy for No Reason*, *Chicken Soup for the Soul*, featured in *The Secret*



For more info, please visit [www.JenniferNicoleLee.com](http://www.JenniferNicoleLee.com) or [www.MindBodyAndSoulDiet.com](http://www.MindBodyAndSoulDiet.com)



Jennifer Nicole Lee  
The Mind, Body & Soul Diet



— BESTSELLING AUTHOR as featured on OPRAH —

# Jennifer Nicole Lee



"If *The Secret* was a weight-loss book, this would be it!"

—DR. JOE VITALE,  
featured author in  
*The Secret*

# The Mind, Body & Soul Diet

Your Complete Transformational Guide to Health, Healing, & Happiness

# Healthy! Healed! Happy!

Best-selling author featured on *Oprah*, JENNIFER NICOLE LEE is revolutionizing the fitness and wellness industry with her much-anticipated book *The Mind, Body & Soul Diet*. Using the exact same healthy principles found in this book, she was able to lose over 80 pounds after the birth of her children, transforming her from an out of shape housewife to a top fitness model. JNL's book has been greeted with enormous praise from other #1 *New York Times*' best-selling authors, including Jack Canfield of *Chicken Soup of the Soul*, Dr. Joe Vitale of *The Secret*, and Marci Shimoff of *Happy for No Reason*.

Here's how the *The Mind, Body & Soul Diet* will empower you:

- Lose weight and gain confidence
- Enjoy antioxidant rich foods with anti-aging properties, giving you increased health and longevity
- Master anti-aging exercises that actually reverse the signs of aging
- Heal yourself from past negative events so you can positively move forward
- Get control over the strongest muscle of your body — your mind
- Make your emotions work for you, not against you
- Add mind-boosting foods permanently to your diet to help eradicate mental illness, depression, and anxiety
- Discover spiritual well-being and gain an understanding that you are never alone in your journey in life

For more information on JNL and *The Mind, Body & Soul Diet*, go to [www.JenniferNicoleLee.com](http://www.JenniferNicoleLee.com) or [www.MindBodyAndSoulDiet.com](http://www.MindBodyAndSoulDiet.com).