



Start mastering your weight and health!

Tired of fad diets and the “flavor of the month” exercise craze? *Weight Loss Mastery* can help. It provides five actionable habits anyone can use to lose weight and keep it off. Readers will learn how to focus on building small habits that have positive, compounding effects. These transformative, “one percent” changes might seem like nothing at first, but over time they have a powerful snowball effect.

Readers will learn:

- Why a 500-calorie reduction should be top priority
- The 6 pillars to lose the “right” amount of weight
- How sugary drinks can derail weight loss efforts
- 8 steps to plan delicious and nutritious meals
- 3 strategies to control what you eat
- 37 proven fat-burning foods to add to a diet
- 7 steps to create a simple exercise habit
- The dangers of the modern “fast food” diet

About the Authors

SJ Scott believes you can build a better life—one habit at a time—and that getting more from life doesn't mean following the latest diet craze or motivation program. In his books, Scott provides daily action plans for every area of life: health, fitness, work, and personal relationships. Unlike other personal development guides, his content focuses on taking action. So instead of reading over-hyped strategies that rarely work in the real-world, readers get information that can be immediately implemented. When not writing, Scott likes to read, exercise, and explore the different parts of the world.



Jonathan Green Bestselling author and father of two, Green has a passion for helping people escape the slavery of cubicle farms. He lives on a tropical paradise and hosts a weekly podcast that teaches financial independence, networking with the world's most influential people, writing epic stuff online, and traveling the world for cheap. He has written dozens of bestsellers and travels the world sharing his secrets.

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