

SALES PAGE - LIVING LIFE LIGHTER

[TITLE]: Living Life Lighter: Lasting Weight Loss Results In 40 Days.

[HEADER] Ready To Cut Through All The Confusion Of Weight Loss And Learn The 5 - Steps To Getting Lasting Results Without All The Guesswork?

[CTA] *Yes. I'm ready*

You're easily frustrated by your shape as you walk by the mirror. The image you just saw lingers in your mind, but you pretend it doesn't bother you, you're headed for the box of cookies or bag of potato chips anyway - you've got junk food cravings to satisfy.

You promised yourself to fight harder against those cravings. "Ok, *no junk food* today," but by noon you've lost your willpower. By 3 pm, exhaustion settles in again, and the willingness to eat better is over.

You need that sweet, salty treat to get you through the afternoon.

The littlest thing is making you anxious or irritated, and you end up saying, "*How am I ever going to lose weight?*" You brush it off. You move on from the failed attempt to eat healthy.

Tomorrow comes, and while getting dressed, you look at yourself in the mirror again and ramble on about committing to losing weight to yourself, a friend, or your significant other. You declare, "*That's it - I can't stand getting dressed anymore, nothing fits me right, I feel terrible.*"

You've been here more than once before.

We both know how this goes and where you're headed next.

The diet search is on. You just want to lose weight and learn how to keep it off, so you can feel great in your clothes when you look in the mirror and when you step out the front door. **But first, where's the chocolate?** These *diet-things* start on Monday, right?

Eating healthy, or dieting and exercising is your goal, but **staying on track and finding a lasting way where you see results seems impossible**, and it makes you feel angry, frustrated, and depressed.

[HEADER] What If We Could Save You Time, Money, And Frustration By Teaching You The Proven Framework That Helped Us Lose 60 Pounds?

Imagine if you finally had this weight thing figured out and you no longer needed to source the latest *fad diet* or turn your life upside down to lose weight because instead, you could change your *lifestyle*.

Standing in front of the mirror is no longer something that frustrates you. **You're loving your new shape.** You're glowing with confidence, you're excited to put on your favorite outfit, and you show up feeling fantastic.

You've got more energy than you've felt in years, your mood throughout the day has more balance, and the people in your life recognize that you're less irritated or depressed - *you're smiling more.*

You've got the right mindset, and you finally feel empowered and strong, **you can easily 'pass' on the donuts, tray of desserts, or bagels!** When eating out or hosting a dinner party, you know exactly what to eat and drink, you keep true to your lifestyle, and ending the evening slipping into larger pants is a thing of the past.

Do any of these sound familiar?

- You're depressed and angry for allowing yourself to weigh so much.
- You've been on and off diet programs for years with little to moderate success; *the weight always came back.*
- You've got at least one gym membership gathering dust
- You feel starved or eat food that never really makes you feel full - *hardly satisfied.*
- When you're at a dinner party or the office breakroom, your mind is racing over eliminating what you can't eat instead of just enjoying yourself.

Let us help you change your weight loss *diet* story.

Hi! We're Tom and Cathy Parker, creators of Living Life Lighter.

We help frustrated dieters who are tired of dieting systems that don't work. They fear they're unable to lose weight and want to find a program that works.

We provide a simple 5- step program to teach them how to make healthy choices with food intake and prepare them to make a mindset shift to transform their mind *and* body.

In our method, we combine Cathy's knowledge as a Health Coach and my Psychology background to focus on mind and body health. This program is more than a weight loss program, it's a lifestyle.



[HEADER] Our Story

We both struggled with our weight since we got married. The pounds just kept creeping up, I was at 185 pounds, and Jessy was at 235 pounds. We both had obstacles to losing weight. Mine was because of menopause and feeling frustrated. I never had to work at losing weight before menopause. Jessy is an emotional eater and has a hard time curbing his addiction to carbs and sugar.

We felt terrible. And when we felt good, we celebrated with large dinners and desserts! Then we felt terrible again for overeating.

Cathy found a weight loss program that taught us how to use a low-calorie intake of certain types of food for 40 days, which reset our metabolism and allowed us to lose weight and create the lifestyle change we needed. Between the two of us, we lost over 60 pounds, changed our unhealthy habits, and improved our self-esteem.

We took what we learned from the weight loss program and created a psychological aspect to it because the biggest thing we learned in our weight loss journey was that *to be successful, we needed to start with our mindset.*

We know you're looking for help and struggling to find the solutions to weight loss with lasting results. Now that we've created Living Life Lighter, we get to help others change their weight loss story too. We can wait to help you!

If our story sounds familiar, then keep reading...

*"My weight has always been a problem for me, I feel like I get stuck. When I had my first son, I tried all kinds of diet programs, I would lose weight and then gain it back. I also read a book about acceptance, and with the help of my doctor, I used diet pills to lose weight, but I just couldn't keep the weight off. **Then I became a beta tester for the Living Life Lighter program!** I learned how to shift my thinking, gained knowledge about nutrition, and followed the "40 Days to Weight Loss" plan. My starting weight was 160 pounds, and now I'm 23 pounds lighter! The weekly coaching calls and the private Facebook group support this program offers have helped me reach my amazing results. I'm currently 137 pounds and happy with my body and the image I see in the mirror. I haven't been at this weight since my twenties. I have more energy and confidence, and I can actively play with my two toddler boys." - Yolanda, busy mom of 2.*



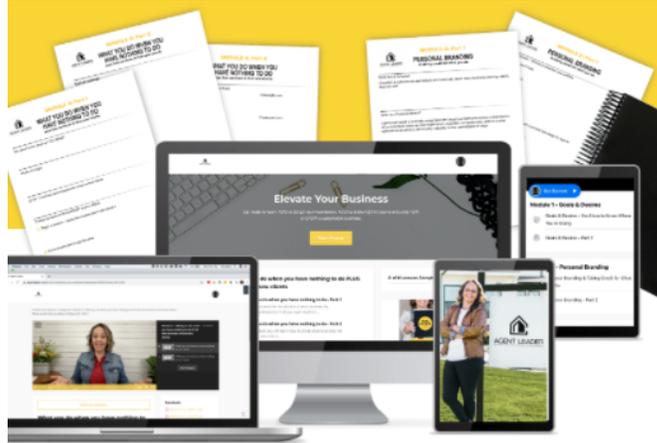
Living Life Lighter has given **Yolanda** and many others the ability to change their mindset and unhealthy habits, so they can lose weight, keep it off and improve their self-esteem.

[HEADER] Ready To Start Your Weight Loss, Keep It Off And Never Have To Face The Dreaded *Fad Diet* Again?

[CTA] Yes, I'm Ready!

[TITLE] Loving Life Lighter

[ADD a packaging image]



- Cut through all the confusion of trying “diets”
- Gain mindset training that will help you make this part of your lifestyle.
- The process is simple; follow the step-by-step instructions, take part or listen to our weekly calls and join our private Facebook community - *the support helps keep you motivated.*

[HEADER] We’ve Been There, And We’re Here To Support You In Your Weight Loss Journey.

Today's Price:

Course Only + Private Facebook Access **\$440**

Course + Supplements + Private Facebook Access **\$647**

Course + Supplements + 1-to-1 Coaching (5 sessions) + Private Facebook Access
\$1250

[CTA] Yes, I’m Ready!

After completing Living Life Lighter, you’ll...

- Have a plan and the tools to start and continuously maintain this lifestyle change so you can ditch the idea of a *fad diet* for good.
- Be ready to overcome negative thinking, so you have the right mindset to focus on your weight loss goal.
- Know how to choose and cook the right foods, drink the right drinks, and put it all together in a meal plan so that shopping for groceries will be easy.

- Stop the emotional eating triggers so bingeing on your favorite sweet or salty treats becomes a thing of the past.
- Be confident in yourself and live with a self-image transformation you're happy with so you can step in front of the mirror and be proud of what you see. *Maybe you'll even linger a little longer as you enjoy your new shape!*

[HEADER] Reach Weight Loss Results Without All The Guesswork In 40 Days.

[CTA] Yes, I'm Ready!

Here are the details of what's inside Loving Life Lighter:

[IMAGE] Module 1: See Results With A Positive Mindset.

You'll be introduced to us, hear about our journey to weight loss, and learn how we'll help you reach your weight loss goals too. We'll teach you the benefit of training your brain to think like a lighter person using Cognitive Therapy Techniques so you can stay motivated and focused on your goal.

[IMAGE] Module 2: Honor Your Wellness.

Next, we'll dive into how the program works, break down each part of the plan, and show you how to get ready for weight loss. We'll teach you about some ways your body is going to change. If you have health challenges or use medications, be sure not to skip this module.

[IMAGE] Module 3: Ignite A New Way Of Eating.

Nutrition fundamentals and meal planning without the guesswork! We keep it simple. We'll teach you how to meal plan, what needs to be on your grocery list, and what supplements to incorporate for your weight loss.

[IMAGE] Module4: Follow 40 Days To Weight Loss.

Set your start date, it's time to put all the prep work into action. You'll track the next 40 days of weight so we see your progress and support you through your journey.

[IMAGE] Module 5: Transform Your Mind And Body.

Once you've reached your goal, you'll learn exactly how to maintain weight loss and feel great! For those who love to exercise, yes - you can do that too.

You'll never feel alone on this journey, we've set up incredible support for you!

1-to-1 coaching sessions.

This is a virtual self-paced program. After you've chosen your start date, you'll be able to reach out to us personally via email to schedule your weekly 1-to-1 coaching sessions. In these sessions, we'll answer questions, review your weekly log and provide you with the motivation you need to stay on track.

3 months of LIVE Q&A calls.

Besides the 1-to-1 coaching, you'll also have access to 3 - months of live calls with us, the founders of Loving Life Lighter. If you miss the calls, you'll be able to access them by going to your learning portal dashboard and clicking on the Q&A section.

Join our private Facebook community.

You'll be invited to join the private Facebook page "Loving Life Lighter" to get support along the way.

Ready to start your journey to weight loss?

[CTA]: Yes, I'm Ready!

Have a question?

You can email us at luvlifelightert@gmail.com

No questions! I'm ready for this!

Stop The Guesswork. Start Loving Life Lighter Today And Reach Weight Loss Results In 40 Days.

[CTA]: **Enroll Now! (blocks below)**

<p>Elevate Your Business At Your Own Pace</p> <p>\$497</p> <p><small>*Without Coaching</small></p> <ul style="list-style-type: none">✓ 9 Modules broken into 18 parts that are 20-40 minutes each✓ Boost Your Business course (3 additional foundational modules)✓ Real Estate Planner (while supplies last) <p><small>Payment Plan Available</small></p> <p>BUY NOW</p>	<p>Elevate Your Business At Your Own Pace</p> <p>\$497</p> <p><small>*Without Coaching</small></p> <ul style="list-style-type: none">✓ 9 Modules broken into 18 parts that are 20-40 minutes each✓ Boost Your Business course (3 additional foundational modules)✓ Real Estate Planner (while supplies last) <p><small>Payment Plan Available</small></p> <p>BUY NOW</p>	<p>Elevate Your Business At Your Own Pace</p> <p>\$497</p> <p><small>*Without Coaching</small></p> <ul style="list-style-type: none">✓ 9 Modules broken into 18 parts that are 20-40 minutes each✓ Boost Your Business course (3 additional foundational modules)✓ Real Estate Planner (while supplies last) <p><small>Payment Plan Available</small></p> <p>BUY NOW</p>
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