

Email

Subject line: 'I said to myself: "It's time...'

The stress was almost unbearable, as things could've gotten out of control at any given second...

After eight years of weighing nearly 300 lbs, I finally reached my breaking point during a vacation with friends in 2014.

We were at the top of HopewellRocks.

My friend dared me to head down to the ocean floor, which was about 500 steps.

I stood there, stone-cold.

I couldn't do it.

My face filled up with tears as my friends were laughing at me from down below.

That's when I said to myself:

it's time to **change**

I tried healthy recipes and exercises that I could do.

And after spending countless days pushing myself to the point of exhaustion and beyond, limiting my meals to flavorless snacks, I felt truly devastated by the lack of any real results.

Just when I was ready to give up, John popped into my mind.

John is my best friend, and back in 2013, he managed to shed 44 lbs in just 13 months. Back then, I didn't care. I was happy being chubby.

But now? I'm not happy anymore. When I realized he had the solution to my problem, I called him. Instantly.

He told me he almost gave up too, but before giving up, he decided to try one last fitness program. Which changed his life. So I had to try it for myself."

And in a couple of hours, I joined believing it may be my last chance to escape obesity.

Now, after being consistent for the past 16 months I lost 82 lbs.

I lost weight every week, for a full year I was just determined if I put a pile of weight on, which happened a couple of times after that first year, I didn't let it derail me.

And now I'm 36, I hit 150 lbs

Thanks to John and the program, without them, I would have lost hope

And now I want to share it with you...

Because no one deserves to have the same embarrassing experiences as I did...

"If you feel like losing hope, like I felt?".

[“Here's how you can get rid of 41 lbs in 8 months or less.”](#)