

My 6 Keys to Taking Off 125 lbs. w/o Surgery

How Deanna Did It & You Can Too!

with Marnie & Deanna

www.Marnie.com

1. Start where you are.

2. Don't give up too soon.

3. Meet God as your Healer.

4. Prioritize time for taking care of you.

5. Make long term food changes.

6. Adopt exercises that fit your lifestyle.

Notes & Brainstorms

Motivated by a passion to see women fully realize their true worth and purpose, Deanna Adler shares the story of her miraculous 125 pound weight loss and renewed sense of self-worth with women all around the country.

Her life has dramatically changed. Deanna is now a tri-athlete, weight loss coach and motivational speaker; finally living the purpose God has created her for. The best part about her story is this: The miracle that happened in her life is one that can happen in yours, too. By learning to surrender and trust God, the only limit to what is possible is what you choose to believe.

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