

# **The Weight is Over! 6-week Jump Start**

**Weight Loss Coaching to  
(finally) get you the  
results you want**



**By the end of 6 weeks you will understand the reasons you overeat,  
how to stop, and how to keep it off permanently.**

**You will get:**

- \*6 x 1 hour live group coaching sessions (limit 6 people)**
- \*The 42-Day Jump Start Journal to monitor success**
- \*"If I'm so Smart Why Can't I Lose Weight" Bk.~ B. Castillo**
- \*Several workbooks, podcasts, and videos**
- \*Daily access to me to for coaching**
- \*Group forum for accountability and support**

**Are you ready to stop wanting and finally get there?**

**Let's do this!-----> Investment in yourself is \$397**

**Email me @ [melanieshmois@hotmail.com](mailto:melanieshmois@hotmail.com), I will send you a link to  
claim your spot!**