

PRESS RELEASE

FOR IMMEDIATE RELEASE:

ARE YOU WAITING UNTIL YOU LOSE WEIGHT TO START LIVING?!

For years Suzanne was imprisoned inside her overweight body. She had low self-esteem and unhealthy habits. Suzanne tried every diet on the market but nothing seemed to work. Finally she decided to make slow and permanent lifestyle changes that she could adjust to easily. Suzanne took one baby step at a time until she had dropped 100 pounds and had gone from a size 22 to a size 8. Not only did Suzanne lose the weight, she has kept it off for several years.

FAT NO MORE!

It's no secret that people around the globe are becoming obese at an alarming rate. Current estimates are that Americans spend more than \$50 Billion annually on weight loss products and Canadians spend upwards of \$35 Billion. Not only does this indicate that obesity has reached epidemic proportions, it also indicates an underlying desperation of those who want to get rid of the excess weight and live a healthier life.

While we struggle with fad diets most people fail repeatedly, gaining even more weight only to finally give up. Suzanne Pantazis used to be one of those people. "I was more than 100 pounds overweight and was unhappy with my life and myself. I tried everything but not only did the weight not stay off, my weight continued to gradually increase after each diet I tried. Suzanne turned her back on the quickie diets and created her own program to lose weight. "I had to do what worked for me and these famous diets just weren't made for someone who is morbidly obese. They make it seem so easy like you can just snap your fingers and the weight is gone, but in reality it requires a lifestyle change and that doesn't happen overnight."

Suzanne discovered that by changing her underlying lifestyle first and creating new sustainable habits, she was able to lose the weight and keep it off. Now she has written a book about her experiences to help people who are facing the same seemingly insurmountable odds that she once faced. I want people to know that I am not just some diet guru who is giving them a bunch of theory or crazy eating schedules. I understand that every persons situation is not the same. Many people use food as a coping mechanism and they need to understand why they do that and how to find healthier ways of coping. Many overweight people, simply don't understand how their bodies work and how there are many simple things that they can do which can have a dramatic improvement on their health and well being. Suzanne tells her story in a way that the average person can understand because she knows what it is like to struggle with weight loss and she also knows how wonderful it is to finally overcome the battle of the bulge permanently. Suzanne inspires others by leading by example and by showing others that permanent weight loss is possible.



SUZANNE PANTAZIS

Suzanne struggled with weight issues since the day she was born. She has managed to successfully transform herself from an obese, depressed woman, to a vibrant, healthy and successful business woman. She seeks to motivate and inspire others. Suzanne has lost 100 pounds, without the use of drugs, or surgery to accomplish her weight loss.

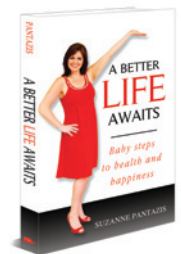
Suzanne has developed a body, mind & spirit makeover system, which she hopes will motivate and inspire others to achieve health & happiness in their lives.

Suzanne Pantazis owns and operates a successful business in Canada, as a legal practitioner and Notary. Suzanne is a certified Life Success Coach and the President/ CEO of Joy Vibe Productions Inc., a company developed to help motivate and inspire others.

YOU WILL LEARN:

- How to permanently lose weight and keep it off
- How to increase your energy levels & reduce stress
- How to regain your self-esteem
- How to overcome food addiction & emotional eating
- How to create warm & loving relationships
- Natural ways to heal your body
- The right attitude to be happy & healthy

Suzanne's message isn't about massive instant weight loss or miracle diets, it's about a whole lifestyle change that happens over time. This is what makes her method sustainable for the long haul in keeping the weight off and feeling good for a lifetime.



A BETTER LIFE AWAITS

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