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Contact: Marilyn Jenett
(310) 475-0211
marilyn@feelfreetoprosper.com

INTERVIEWS AVAILABLE
with
Marilyn Jenett

'I Create My Body' Puts An End to Perpetual Dieting; Participants Permanently Lose Weight Without Changing Anything But Their Minds

Can you lose weight while not dieting? Not monitoring or measuring your food? Not changing anything you are doing today?

Except your mind?

Yes...say the people who are already using Marilyn Jenett's ***I Create Your Body*** audio program, a unique one-of-a-kind system for body transformation—and losing from 10 to 80 pounds with little effort and *only 15 minutes a day*.

If you think of yourself as a perpetual dieter, then you are destined to lose-gain-lose-gain your weight, says Jenett, one of the world's leading prosperity mentors, who is getting similar extraordinary results with clients who are applying her surprisingly simple mindset “resetting” techniques to their physical transformations.

Sure, you may have heard of the concept of visualization for body improvement, but without a specific technique and system in place, the results are often marginal. Jenett has created a program that shifts people out of the place of seeing themselves as dieters--as imperfect and overweight-- to one that resets their thinking in a way that allows them to morph into the body they imagine for themselves...without dieting and without a conscious major lifestyle change. In fact, almost everyone in the program reports losing their cravings and their desire to eat unhealthy foods almost immediately.

- “It has been like magic,” says Carma Spence, who has gone from 252 pounds to 180. “I did these simple exercises and cravings disappeared and weight melted off me. In addition, it has been a healthy weight loss ... slow and steady. The ***I Create My Body*** program has changed my life. Just one year ago, I would look at myself in the mirror and think I looked like a pre-historic fertility doll. Now I look



at myself and feel ecstatic joy at the return of my waist. I joyfully look forward to releasing the remaining 40 lbs. and staying there for good!”

- “The first few days I noticed results, right away,” says Susan McCool, who lost 23 pounds. “My cravings changed. I lost all desire to eat junk food. In fact, it just isn’t appealing to me at all. It’s like being forced to eat something that you do not like. I started craving “good” foods. I crave salads again. Every bite is good...it is fulfilling a craving ... a desire. Two weeks after starting the program, I went from a size 12 pants to a size 10. And now my size 10s are even a little loose. I have so much more energy that I can chase my kids around without wanting to fall over and recoup.”

“All of the books, knowledge, diets and equipment in the world will not result in your ‘body’ prosperity unless you first have the mindset for a fit, healthy body,” says Jenett, who has used these techniques to maintain her weight through the years. “Only then will those other tools help you. If you don’t have the mindset, then you will automatically keep reverting back to the tangible evidence of your core belief. Thus, the all too familiar ‘yo-yo.’ I’ve created this program to help people lose weight in a natural, effortless way - by gently shifting the dominant thought in their subconscious mind so they no longer think of themselves as having to “lose weight.”

The *I Create My Body Audio Program* includes:

- The 90-minute recording of the interactive telephone group mentoring session and transcript highlights.
- The I Create My Body Lesson.
- Notes for students to help and encourage them while they do the lesson work.
- Jenett's *Body Prosperity* ebook, a companion to the ***I Create My Body*** program, filled with expert information, Jenett's additional teachings and favorite fitness and nutrition tips that will speed up progress and enhance health.
- Audio recordings with four leading health and wellness experts interviewed by Jenett.

Jenett has become a world leading expert on the prosperity principles that help people to overcome and triumph personally and professionally. For more than 20 years, she owned a renowned special event location and production company and was highly respected in her industry. Her small one-woman company attracted the world's largest corporate clients without advertising, marketing or cold calling - only by using those simplified prosperity techniques. Today, her *Feel Free to Prosper* programs are acclaimed by thousands of clients around the world, who have testified to their effectiveness. (www.feelfreetoproper.com)

The ***I Create My Body Audio Program*** is available for \$97 at www.feelfreetoproper.com/createmybody

What Else They're Saying About
The I Create My Body Audio Program

... Rather than a diet this is a complete mind shift. I just naturally turn to healthier foods and find alternative ways to "flavour them up". I am enjoying the journey and love the new "ME". – **Jacqui Kalka, New Zealand**

... Not only was I seeing a change in my body as the weeks went by but also a change in my hubby's attention, the self confidence I was gaining back, and the way I felt – **Rebbekah White, Radio Show Host**

... Along with needing new bras I can fit 3 fingers at my waist. This is a YIPPI moment! – **Sheila Scott**

... So far I have lost a little over 20 pounds and over 18.5 inches! It is so funny because yesterday I went to Lane Bryant to look for something I can wear for the presentation. When I started the ***I Create My Body*** program I was a size 22 and was delighted when I went to the store and asked for a size 18. Imagine my surprise when I learned that size 18 was too big!! They did not have dresses that fit me." – **Dawn Mular**