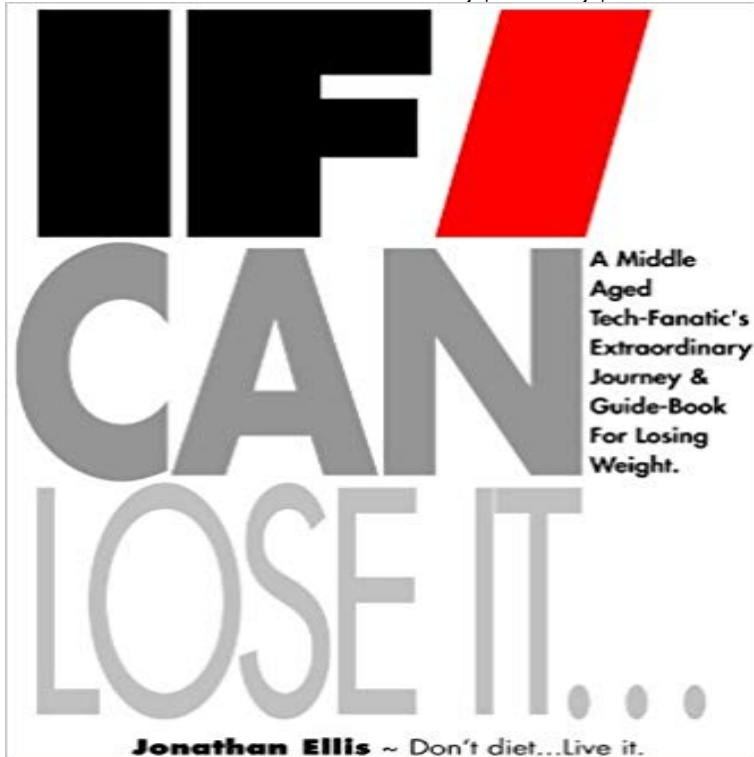


# If I Can Lose It...: A Middle Aged Tech-fanatics Extraordinary Journey & Guidebook for Losing Weight.



Not Just Another Diet Book The failing of most weight loss guides is that they are strict, regimented plans complete with recipes, rules and long lists of dos and donts. However, this approach is exactly what Jonathan Ellis has shunned in this revolutionary new book, Rather than bombarding the reader with a rigid program to achieve weight loss, Ellis simply aims to inspire and change the readers approach to weight control through a detailed journey of his own success. His personal journey, as the reader discovers, include an increase in daily walks and a change in the way he views the human body from the perspective of technology. I dont tell anyone how to lose weight, Ellis explains, only how I lost it. Ive walked the path already. Anyone wishing to follow along - can easily do so. Its as simple as that.

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