



**JAMES
SMITH**

**~~NOT~~
~~A DIET~~
~~BOOK~~**

**Lose Fat.
Gain Confidence.
Transform Your Life.**

~~NOT~~

~~A DIET~~

~~BOOK~~



Lose Fat.

Gain Confidence.

Transform Your Life.

JAMES SMITH



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Foreword

I know from experience that many books are never finished by the reader. They might be purchased as a gift, or at the airport before a flight; you may commit to the first chapter, but before you know it the book has become an ornament, gathering dust on your bedside table. Each day you see these books, and a little part of you tells a lie that one day you'll finish them. The collection only grows over time, and you'll usually tell yourself something along the lines of: 'I'm doing pretty well, so I don't really need to read them right now.'

I didn't read a book from start to finish until I was twenty-seven years old. I'm not someone with an academic background, and it didn't come naturally to me; but in the last few years, books have been essential in changing, sculpting and building my mindset, attitude and approach to many things – from lifestyle to relationships and my work life.

And, to be completely honest with you, writing this book was not difficult. If anything, I have so much I want to teach you that I wasn't sure I was going to fit it all in one book, so believe me when I tell you this: every single chapter in this book can affect your life in a positive way – but only if you choose to read them. Nothing is in here just to make up the word count; it's all important, and with every single page I have had you in mind – your problems, your struggles and what I can teach you to make them go away.

For each of you, somewhere in this book is one simple sentence that will revolutionize your life for ever. However, that sentence is utterly powerless until you make the decision to read it. What I have written cannot help you if this book joins all the others – the unread ornaments.

I have written this book not for me, but for you. It's all here – everything you need to begin a new chapter of your life. You'll have a new lease of clarity to take with you every day, enough understanding to make change,

not just in the gym, but in your relationships, your professional life and your general perception of the people around you.

I am confident when I say that when you turn the last page of this book your life will be different. You'll be more knowledgeable, more confident and more in control.

For those of you who may not finish the book, I believe you would be doing yourself and those around you a disservice. It is here to empower you, so if there is just one book you commit to finishing, let it be this one.

Quite simply, after this, things won't be the same.

Are you ready? Let's begin.

James