



I Left My Thighs in San Francisco: How You Can Use a New Time-Saving System for Weight Loss, Exercise, More Energy, and Being Happy While You Drop Weight

Tom Marcoux

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Finally! A Weight Loss book that fits into your busy life! You don't have to eat perfectly or exercise three hours a day. You can make excellent progress to drop extra weight and to look and feel better! As a speaker and personal coach for over two decades, author Tom Marcoux helps you to move forward with a Drop-Weight Plan, a realistic process that provides methods for you to integrate new actions into your already busy life. New actions include exercise and healthy diet choices. By the way, many people give up on New Years Resolutions because they do not use the 3 Elements. The 3 Elements of a good Drop-Weight Plan are visible with the word S.E.E.: S – strategize to fit your busy life E – energize through Happy Moments E – excel with More Time This book includes a whole section on how to nurture your happiness WHILE you drop weight. This is NOT a book of exercises and recipes. Marcoux refers to the process in this book as the “Do NOT Torture Yourself System.” Having happy moments each day truly increases your personal energy. Imagine that each person starts a new day with a pie of personal energy. Some people have a pie only the size of a dinner mint, and others have a pie the size of a large pizza. Happy moments make a bigger pie of personal energy. Marcoux's clients can attest to that! "Feel good. Look great. Learn to use time-saving secrets for more personal energy!" - Dr. JoAnn Dahlkoetter, Coach to CEOs and Olympic Athletes and author of Your Performing Edge Here are just a few of the topics: • Fit exercise in with “The Power of 10” • Learn to Delegate Well So You Have More Time • Earn More So You Can Cut Down Your Work Hours (gain time to exercise and rest well)

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Jennifer Barton:

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