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During lockdown I was clinically obese and continued to put on weight. I needed a hip replacement and was too heavy to go on the waiting list for the surgery.

I had been battling my weight since childhood and being a chef for 30 years wasn't helping!

My partner put on some weight during lockdown too and turned to an e-book by Claire Jones of YourOneLife Healthy Weight Solutions, to get her in the right mindset to shape up after months of inactivity and boredom eating. It was called Preparing for Successful Weight Loss.



I have never been good at diets but she started the e-book and saw real results and wasn't cutting out any food groups.

I had a sneaky look at her copy that she'd printed off one day and ended up reading the whole e-book.

It's not a diet, it's not an exercise plan. I'd describe it as a tool to get your brain in shape first -then your body follows.

I lost over 6 stone and it's the first time I've ever been able to lose weight and keep it off. In August I had my hip replacement and now I'm very proud to say that for the last 3 weeks I've been going to the gym 3 times a week!

I never thought I'd be someone who goes to the gym, and it's early days as I'm still recovering from major surgery but I finally have control over food, and my body.

I can't thank Claire enough for this easy to read but life changing e-book.

It really helps you see where your weaknesses are and change your mindset.

You pick your own ways to lose weight and so therefore it's easy to stick to because you don't feel like you are punishing yourself.

I honestly don't think I will ever go back to my old lifestyle and I'm not on a 'diet' I've just learned how to take back control.

I'm so glad I sneaked a peak at that e-book!

Antonio Basini

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