

**I am 37, I eat chocolate and drink beer and my metabolism is even faster than when I was a teenager- Here's what I do.**

I love my chocolate and I love my beer. I have never given up these foods for the past 8 years and I have lost over 50 lbs(25 kg).

But is it even possible those are “bad foods”.

Hi I'm Jess Health and Energy Coach and yes it's possible, but you need to start your weightloss journey with the right mindset.

You might be thinking “how is mindset and positive thinking going to help me ? ”

Having the right mindset is the first step that I and my clients used to get our dream bodies.

Every time I speak with a woman who has been trying to lose weight for years and has failed, she always says “**I don't believe I can lose all this weight**”.

She has tried all the diets. All different forms of exercise and either lost weight in the beginning and then it plateaued or didn't lose any weight at all. But once I introduced her to the secret of **Body mindset** it was game over.

Not more Discipline. Not more clean foods but Mindset.

I am having a Free Masterclass discussing how to achieve a Body Mindset. In this MasterClass we cover:

- The 5 no-brainer steps to build an unshakable mindset that will keep you going in tough times
- The #1 Secret that all my clients use before they start their journeys (that always get them to their dream body)
- How to use your negative thoughts to build a bikini body
- How to realistically manage your challenges when they pop up
- How to stay excited and pumped for your long term goals (especially when you're over it)

All this and more.

If you've tried everything out there to lose weight and want to try the Mindset first approach click the link below

[JOIN MY FREE MASTERCLASS](#)

See you there,

Jess