

***3 secrets to having your cake  
and eating it.***



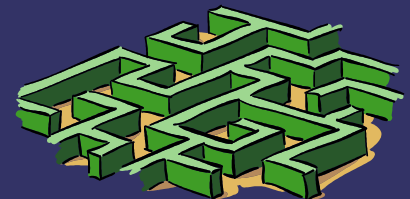
# *It's not about will power...*

I'm guessing that for a lot of you this probably isn't your first rodeo. Whether you want to lose weight, change your career, or change your relationships, you probably tried all kinds of things in the past, and if you didn't succeed, you were told, or you told yourself, that you didn't have enough will power.

Or you are already successful, but you just are wondering how you can get to the next level and how much more effort it will take.

What if changing wasn't about will power at all? What if you just need a couple of things in your life, and if you have those, change is almost automatic?

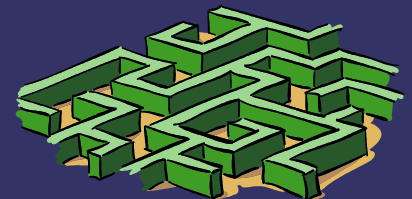
What if we could help you find those things?



# *So what then?*

Sounds too good to be true?

Well, I thought, too, but it worked for me, and it worked for lots of other people, so it may work for you, too

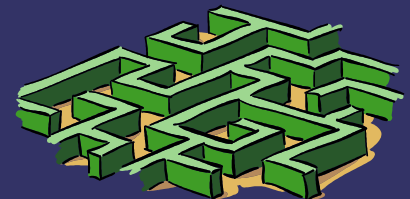


## *Example weight loss*

Remember the weight loss example from the video, how my friend lost 42 pounds in 2 months?

She had just as much will power as she had had before, but what changed was that there were 3 more things in her life that a kind person had given to her – and 2 of the 3 things had nothing to do with what I was eating, and it wasn't exercise either.

So what are these 3 things, these 3 secrets, and why hadn't she tried these before? And how come these 3 things work for all kinds of changes, not just weight loss?



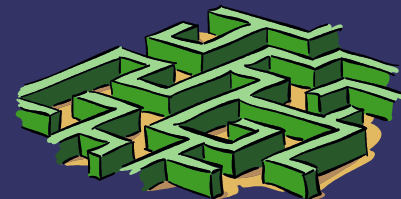
# 3 secrets

These 3 secrets work for all kinds of changes, but they are likely a bit different for every change, that's why, if you haven't found them yet, a coach could be very helpful to give you an outside perspective.

Secret No 1: How to ethically get around external obstacles that have always held you back until now.

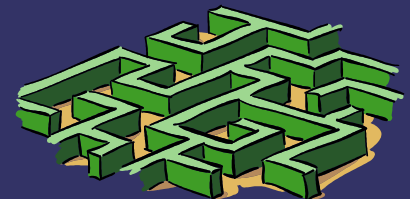
Secret No 2: How to get your inner opponent to fight on your side.

Secret No 3: How to get an unfair advantage over most other people you know.



***Secret No 1:***

***How to ethically get around external obstacles that have always held you back until now.***



# Secret No.1

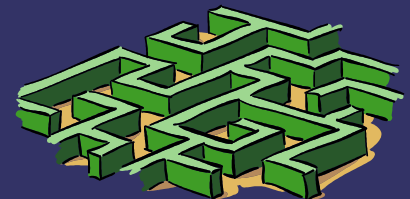
Now let's go back to the example of the 42 pounds.

Well, sometimes it is simply about a bit of external strategy. You may think you have tried everything, because you did indeed try a lot of things, but sometimes somebody on the outside can see something you can't – not because they are better than you, but simply because they are outside the game.

Michael Jordan was probably the best basketball player in the world, and yet he had a coach. The coach wasn't better than him, he didn't know more about basketball, but he could see things Michael Jordan was doing that he wasn't aware of, and things he missed because he was too caught up in the game.

Well, in the weight gain example, someone kind and caring and insightful saw that I was obviously exercising, but still not losing weight. His advice involved some vegetables,, some oils, and a common fruit, and guess what – it was the bio-hack my body needed to let go of the weight. It was simple, and it was ALMOST what I had been doing, everybody knows that eating fruits and vegetables is healthy, but there was a little twist to it - but I didn't see it.

Until he pointed it out. At that point, I hadn't even looking at my strategy anymore, all I had been looking at was myself, why I was failing, why I wasn't following through, why I was still eating stuff I wasn't supposed to be eating, why I was binging...turns out that as soon as I used that biohack, the physical cravings disappeared. So I had looked to fix what was wrong in all the wrong places, and someone on the outside could easily see it, while I was in the game and running around like a headless chicken.



# Secret No. 1

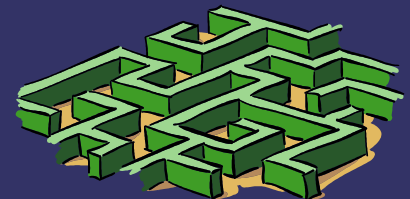
The same goes for other areas of life. If you want to change careers, or you need a change in your relationships, there are strategies and systems you can follow, but you may simply not have access to them, or you may not see what someone external to you, someone who does not have any personal stakes in your success or failure, can see quite easily.

We at Nevelle are very experienced with career change in particular, and we designed a system to make it easier, faster, and safer to get to the other side, and you may well find that this is just what you need to get you to the career of your dreams.

For relationships we use a tried and proven system someone else developed and that we were trained in that has helped literally thousands, maybe millions of people.

So that's the strategy bit.

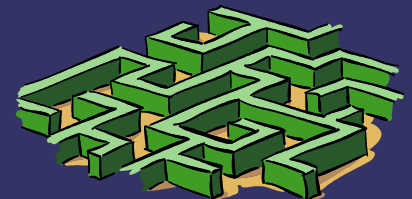
Wouldn't it be exciting to get this bit finally figured out? I thought I had been on every diet on the planet, and yet I missed only one little aspect – and it ended up being so simple.





***Secret No 2:***

***How to get your inner opponent to fight on your side.***

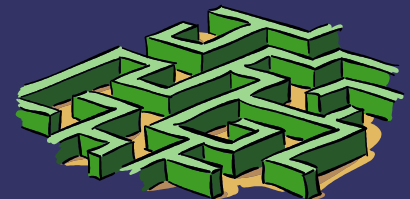


# *Secret No. 2*

You know this feeling when you make one step forward and 2 steps back? You lose a couple of pounds, and then you gain 3 pounds back again? You finally made the jump into another job, and when you get there, you find it's exactly the same as the old one? Or you have the same fights over and over again in your relationship, whether at work or at home, although you swore yourself to move on?

Why is that?

Why are we sabotaging ourselves?

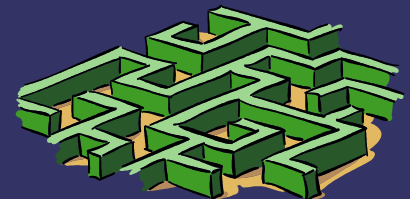


# Secret No. 2

In the weight loss example, I did this for years, I lost some weight, I put more back on, I lost some weight again, kept it off with difficulty for a few weeks, just to put more on again, and in the end I was ballooning.

We do this, because the current situation, as much as we hate it, fulfils one or more of our needs. Something inside us is making us do the behaviour we hate, whether it is overeating, drinking, pulling back in our career, or sabotaging ourselves in other ways, because in a primitive way it is trying to protect us. It is not trying to hurt us, it is not our enemy, it is just a young part of ourselves that wants to keep us safe.

In the end, I saw a video that made me realise why I was eating, and it had nothing to do with food. And once I was aware of it, I could let go. The same goes for conflicts in relationships, work or personal, or problems following through on career changes. Once you know why you are doing what you are doing, you can decide whether to keep it or to let go of it, and a coach can help make you aware of inner conflicts that may keep you from reaching your true potential.

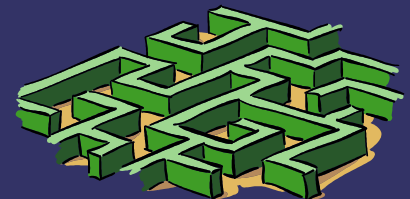


# *Secret No. 2*

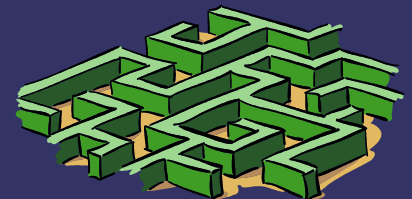
Wouldn't it be great to understand why you do the stuff you do, so you can stop doing the things that don't serve you and start doing those that do?

And again, that is something that sometimes is easier to see for someone on the outside, outside both of you and your circle of family and friends, because if what your friends and family have seen and told you about would work for you and solve the problem, you wouldn't have this problem any more.

Wouldn't it be great if, just like with the external strategy, if you finally found just this little tiny bit of insight, of information, to make the domino fall here? A coach with the right strategies can help you with that!



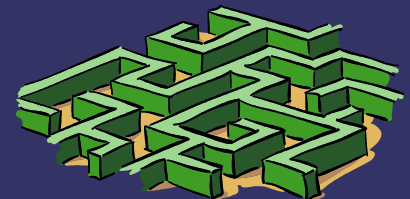
***Secret No 3: How to get an unfair advantage over most other people.***



# Secret No. 3

Now, change can be a funny thing. With something like weight loss, and again, I lose this example as a metaphor for other changes, you can find yourself mainly in 3 different situations with the people around you:

- People who don't need to change because they are naturally thin. If you hang around them, you'll find that they will see you as a party pooper, because you don't want to eat the junk food they eat and the pints they drink, and if that's the people you listen to to support you in the change, guess what you'll do? I had that at work – drinks after work involved English pub food. Let's just say it's not weight-friendly
- People who may be around you are people who are stick thin because they are on a constant extreme diet and see it as a source of their significance – and you'll find yourself judged. Now, you may take that as motivation, but if that would work for you, you'd already be thin like them.
- People who are overweight like you but don't want to or think they can't change. These may be the same as in category one, who see you as a party pooper if you actually stick to your plan, or who will fear that you will suddenly be better than them, because you have lost weight, but they haven't – so they'll pressure you overtly or covertly to return to your weight – not because they hate you, but because they want to have something in common with you, a common problem. They may just bake you a cake that you just have to eat, or buy you that wonderful champagne that they want to drink with you.



# Secret No. 3

I had all of this, too. I had people at work who thought I was a bit of a party pooper because I wasn't into pints and English pub food, which is not REALLY of the healthy eating variety, I had other people at work who were stick thin and on extreme diets that looked excruciatingly painful and not very tempting, and I had people who couldn't lose weight and therefore didn't want me to do so either, because it hurts to lose something in common, no matter how good it is for the other person.

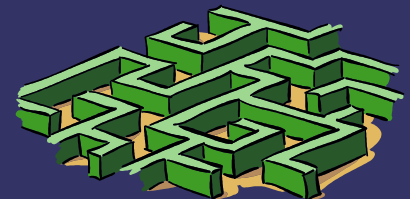
So what changed? What was the 3<sup>rd</sup> addition to my life that made all the difference?

I looked to someone else to motivate me for the change, someone external to my life who had no interest in me staying the same, as all the other people in my life, but who had an interest in helping me change and who made me believe I could do it, a coach, a mentor.

He gave me motivation, he told me with absolute certainty that he knew I could do it, and I knew I was going to see him again a few months later – and because he had been so nice and generous, I couldn't bare the thought of disappointing him.

And that is what a coach can do for you – hold you accountable to your own goals, and cheer you on when you feel like quitting. Some people react better to a coach who kicks their behind and pushes them forward, others, like me, react better to positive reinforcement – in animal training this is nothing new, it is called “clicker training”. Whatever your preference, we can provide either or both.

Wouldn't it be great to have that on a regular basis, not just with something like weight loss, where there are special programs just for that, but any change you want to make in your life? Someone who is truly on your side, someone who has a vested interest in your success?



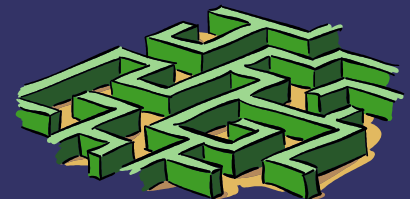
# *Are you ready for a new life?*

Now, if you found the right strategy, found out why you are sometimes sabotaging yourself, and you had someone on your side to help you and cheer you on, do you think you could be successful?

Let me ask you a question.

Are excited about what we just talked about?

How much could your life change if you could finally make this change that you always wanted to make, if, say, you would finally go and get the career you always wanted, or you finally shed that weight, or made that relationship work?





# *Two choices*

Now you've got two choices:

- Either you can do nothing with what you've learned over the last few minutes, and what will you get? Nothing.
- Or you can choose to take a leap of faith and just test it out and see if coaching will work for you.

The first call is free, so you don't lose anything!

Just fill out the application on our Web-site that can be found at

<http://bit.ly/nevellecoaching>

One of our team will review your application and contact you, to see whether this is the right thing for you, and we can then decide together whether and how to take it forward.

There are genuinely only a few coaching spots opening on an ad-hoc basis, so fill out the application today so you don't miss out!



# *Contact us!*

If I had gone to a coach 20 years earlier, I could have saved myself 20 years of struggle, not to mention the impact it had on my health, job, and relationships.

I don't want that to happen to you, if it is not necessary, so contact us today and apply at

<http://bit.ly/nevellecoaching>

or contact us via any of the methods below!

Phone: +44 7932 495 334  
Email: [info@seekchange.co](mailto:info@seekchange.co)  
Web-site: [www.nevelle.co.uk](http://www.nevelle.co.uk)  
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