

## Here's what people are saying about 'Burning Fat for Good'...

"Recommended. I know Elly through classes and how positive and straight forward she is, but another book on this topic! However I started to read and found it, of course like Elly straight forward and positive. It is a book that suggests not tells you what you should do. The facts are there with insight from experience. It is easy to read, contains sentences that make you smile and ones that make you think. Burning Fat for Good is a key to one small step to begin along a road to change at your speed and level from where you are now. All that is required of you is to set your goal and you can start by 'walking' and pick up the pace as you go".

Anne Rogers

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"This is a simple and easy read, one that many of my clients have shown interest in and purchased. It is easy to understand and set out to achieve and maintain a holistic approach to a healthy lifestyle. Having a few books in my clinic, clients have seen them and shown interest and purchased. In fact they have gone out of the door like healthy hot cakes! I have read it and it makes sense. Burning Fat encourages you to think what you could do and which part of your lifestyle to start with first. It empowers you without overwhelming you".

Sarcomere Bodyshop  
Soft Tissue Therapies

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"A very well written book which takes a holistic approach to burning fat. Informative, very easy to read and the advice given certainly makes sense.

I would recommend this book to anyone who is interested in maintaining a healthy body and is tired of, or not interested in, quick fix diets that never work!"

Hugo McGuinness

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"This is not just a book about exercise and what/how/when to eat, it is so much more. Elly McGuinness shares her understanding of the role that stress has on fat burning and weight loss, the huge effect your thoughts and beliefs have on your ability to stick to any plan, as well as the effect of the relationships in your life. She covers some personality issues that can stand in your way such as putting yourself first and learning how to say "no".

Although we are normally taught that if we want to burn fat we should focus on exercise and nutrition, Elly McGuinness advises that those two elements are only 60% of the solution. I particularly liked the chapter titled 'As you think, so you are' where Elly points out that 10% of your focus needs to be on your thoughts.

I loved the story of Jane and how her mother, who she lived with, was affecting her ability to burn fat. Elly tells about visiting Jane at home to find out why she wasn't having success. She wrote "That was when I had the 'aha' moment. This woman had been feeding Jane thoughts and influencing her beliefs her whole life. One negative, self-limiting thought after another had filled Jane's mind over the years, leading her to believe that she couldn't lose weight. Even though she was outwardly trying to do so, her inner-most beliefs were preventing her from success."

I highly recommend this book for anyone wanting to burn fat, lose weight, feel healthy and look great."

Karen Degen



"This was a great read! Elly has a natural approach to wellness that allows the reader to create new habits for a life time. I love that this book is not just about nutrition and exercise. That it covers other areas of your life that are essential for quality growth, health and well being is gold. I highly recommend this book to inspire positive changes in your life. My wife, Vicki Zumbraegel is a Personal Trainer and recently gave a free copy of this book to everyone who signed up with her last month. So far they have enjoyed this easy to understand book and have commented on how well this has complimented their programme."

Mark Zumbraegel



"It makes for a fantastic read with proven techniques that were inspired from university days of staples of beer, spaghetti bolognese and once eating 22 pieces of pizza in a competition against the boys!

If seeing is believing how one has turned it around and sustained it to be an industry leader in burning fat for good, then I would recommend this book to those who value their health and longevity."

Brent Ruru



"This book was really easy to read, and I got many great tips from it. Not being a great foodie, it followed the basics, as did the exercise and mind sections. I have already recommended this book to

many people who are just wanting to be more healthy in general. It's really opened my eyes to the 'holistic' approach."

Robyne Hyndman



"A very easy and interesting read. Simple but important concepts explained so that I could have a better understanding of how different aspects of my day-in, day-out life contribute to my overall health and wellbeing. Not to be read if you're looking for a new diet or a quick fix to good health."

Colin Clapp



"An instructive easy to read guide covering more than nutrition and exercise which any reader will find helpful in achieving their goal of burning fat and keeping it off. A few personal and sometimes humorous experiences from Elly add to making it a great read."

Anne McGuinness

