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So that diet I was supposed to go on...



Well I did it. And I weigh 172lbs today, down from 190lbs about 8 weeks ago. Thanks Adam.

I wanted to just write quick follow up post about [Adam Gilbert](#) and who [I introduced to you on April 25th](#). I started his MyBodyTutor program around that time and followed it to a T. During our initial phone conversation he customized a diet plan that would work for me based on my current vices and dislikes so that I'd be comfortable with the food right from the get go. He also came up with an exercise plan for me with some basic exercises to expedite the weight loss which were hardly excruciating and took just about 30-45 minutes a day, 3-4 days a week.

Like a Mac, his program just works. I think the 18lbs I've lost and the incredible change my body has went through is evidence of that.

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It isn't a crash course diet like most plans are – those are impossible to stick to. This is exactly as he promotes it, a lifestyle change. I've been officially off the program for a few weeks and no way in hell am I going to go back to my old ways. I love the diet, I love the energy I have, my mood is much improved and best of all I'm excited about the incredi-lean genius staring back at me when I look in a mirror.

When I say that I'm "officially" off the program, I mean that Adam no longer collects my daily feedback information which you're required to submit every evening after your last meal which was the key to my success. But even now that I'm off the program, Adam keeps in touch and sends regular letters of motivation.

I made the mistake of not submitting it a few times and Adam really flipped about it. He'd call me BRIGHT AND EARLY in the morning after a night when I didn't submit my daily feedback to chew my ass and remind me why I need to submit it and help me not get off the beaten path.

He was extremely dedicated and it's amazing to me that with as many people he's helping that he's able to still call each individual person to keep them in line.

One of the biggest and maybe most important changes that's come along with Adam's program is the way my business life has transformed. In the last couple months I have been confronted with absolutely fantastic opportunities for new projects and given the ability to expand current ones. It seems my new energy and new confidence is contagious and in turn people around me (and myself) are more confident in my abilities. Opportunities are popping up so rapidly that I'm at the point now where I'm having to turn them away because I'm all tapped out. The link between my new healthy lifestyle and these new professional developments is undeniable for me.

Adam is a great guy with a brilliant program and as I said in my first post about him, he's insanely passionate about what he does. And I now know why he believes in what he's doing 'with every molecule in his body' as he always says. Because it really works. It worked for me. I think it can work for everyone.

Success

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average guy. Because it really worked for me, I think it can work for everyone.

If you are looking to shed some weight, transform the way you look and grow to new heights professionally with an air of confidence, I highly recommend getting ahold of Adam, it was worth every penny.

DISQUS □□□

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