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INTRODUCTION

Mary Jo Fay spent 40-years yo-yo dieting, as so many of us have. As a Registered Nurse, she knew the health issues she faced being overweight, but her addiction to junk food and sugar was just too strong for her to give up her favorite foods. And so over the years, life gradually caught up to her, taking her from 148 pounds while on the high school track team, to her max of 196 pounds by age 52. And that's when she said, "Enough is enough!" and dove in headlong to come up with a plan to drop the extra 50 pounds she'd grown absolutely sick of.

An award-winning author of 6 books on topics from relationships, to narcissism to intimacy, she's here today to tell us about her latest book and weight loss program called, "**No Cheatin', Just Eatin'**" - that looks at our crazy love/hate relationship with food and how you really can have your cake and eat it too - And still lose weight!

Please welcome Mary Jo Fay...