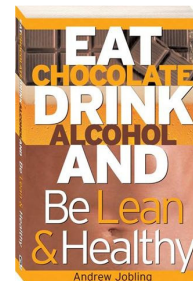


# YOUR FIRST BOOK

A simple, fun and practical two-part workshop to inspire and guide you to write your first book

Would you like to **make a difference** in other people's lives? Do you **want to write a book** but are not exactly sure how to get started?

**Andrew Jobling** scraped through English at school, is an ex-meathead AFL footballer and an ex-muscle head personal trainer, yet he is the author of 4 books including the best selling 'Eat Chocolate, Drink Alcohol and be Lean & Healthy'.



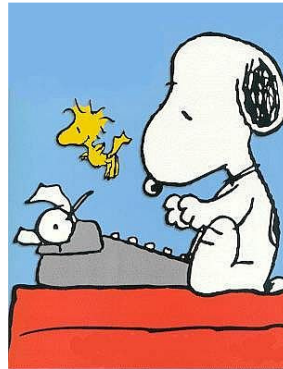
In this insightful workshop Andrew will walk you through the simple steps he used to write a best seller and help change the lives of others.

*"Hi Andrew, whilst I am still reading through your e-book 'Powerful Beyond Measure' and also your book 'Eat Chocolate, Drink Alcohol and be Lean & Healthy' I want to thank you for having impacted my life at a time when I need it the most"* **Kirstie**

*"Andrew, Your book has had a profound effect on my life. My 14 year old son bought the book for me for Christmas as he was concerned about my weight. It has changed my life - I stopped weighing myself after I had lost 25kgs from 110kgs. My whole family has embraced GI and your holistic approach towards life - exercise, nutrition etc. I push your book to everyone who asks how I did it. Thank you"* **Greg**

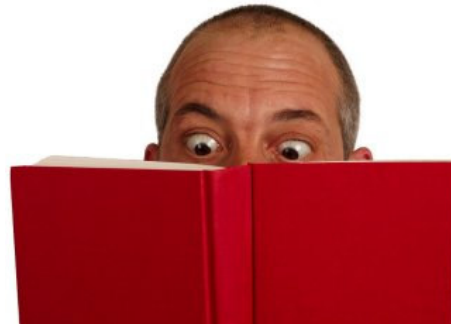
## **Workshop 1 - Thursday May 14, 2009**

1. The idea
2. The concept
3. The target audience
4. The process
5. The plan
6. The rules
7. The practical stuff
8. The challenges



## **Workshop 2 – Thursday June 4, 2009**

1. Creating an image
2. Finding a champion to endorse the book
3. Proof reading and editing
4. The publishing options
5. PR & Marketing
6. Distribution
7. Creating other opportunities
8. The next step



**Each session runs from 7pm until 9:30pm at Harpers Personal Training Studio at Level 1, 643 Nepean Hwy, East Brighton**

### **Investment options:**

1. \$125 per workshop or
2. \$195 if you pay for both up front.

**BOOK NOW as there are limited spots. Call Andrew on 0414 973 315 or visit [www.andrewjobling.com.au](http://www.andrewjobling.com.au)**