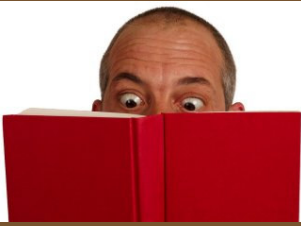


# YOUR FIRST BOOK



**You can change the lives of other people!**

"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**

## Testimonials:

"Dear Andrew, I just wanted you to know that the "Your First Book" workshop got me motivated and inspired to get on with writing my book rather than just thinking about it!! Your practical "how to", guidance and support has been really wonderful. I appreciate your prompts and emails to take action and your passion to help me be successful! Thanks heaps" **Natalie.**

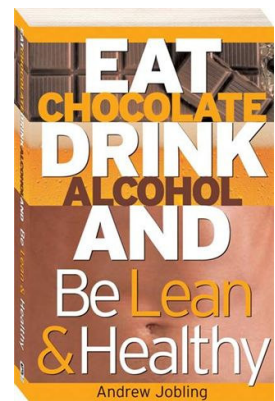
"I loved the sessions— you have inspired me and changed my life! Thank you" **Lindsay.**

## Two-Part Workshop

**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' and 'Simply Strength'



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

## The Sessions:

### Workshop 1 (September 3)

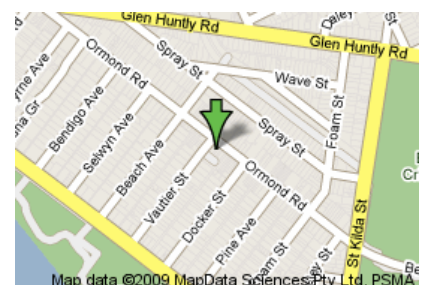
1. The Idea
2. The Concept
3. The target Audience
4. The Process
5. The Plan
6. The Rules
7. The Practical Stuff
8. The Challenges

### Workshop 2 (September 24)

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

## The Details:

**WHEN:** Thursday September 3 & Thursday September 24, 7-9:30pm  
**WHERE:** Suite 104, Level 1, 96 Ormond Rd, Elwood



**COST:** \$125 per workshop or \$195 for both  
**BOOKING:** There are only 10 spots available so book now through; [www.andrewjobling.com.au](http://www.andrewjobling.com.au)  
**QUESTIONS:** Call Andrew on 0414973315