

# YOUR FIRST BOOK

## Would you like to change the lives of other people?

"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**

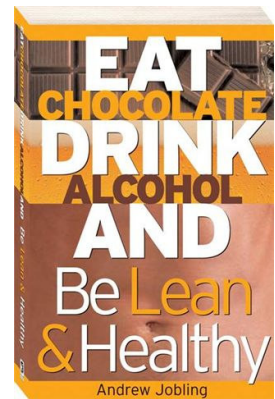
"Andrew, Your book has had a profound effect on my life. My 14 year old son bought the book for me for Christmas as he was concerned about my weight. It has changed my life - I stopped weighing myself after I had lost 25kgs from 110kgs. My whole family has embraced GI and your holistic approach towards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

## *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 (July 2)**

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

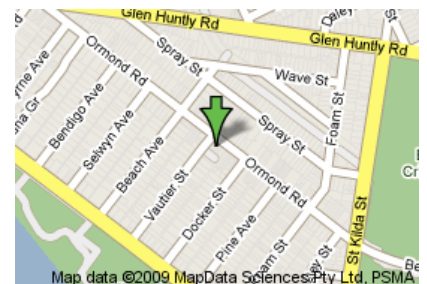
#### **Workshop 2 (July 30)**

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 July 2 & Thursday July 30, 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