

Canadian Fitness Trainer, Jessica Gerlock is releasing an anti-diet weight loss book titled "You Don't Make Friends with Salad: The Secret to Losing Weight and Feeling Better, with No Kale in Sight."

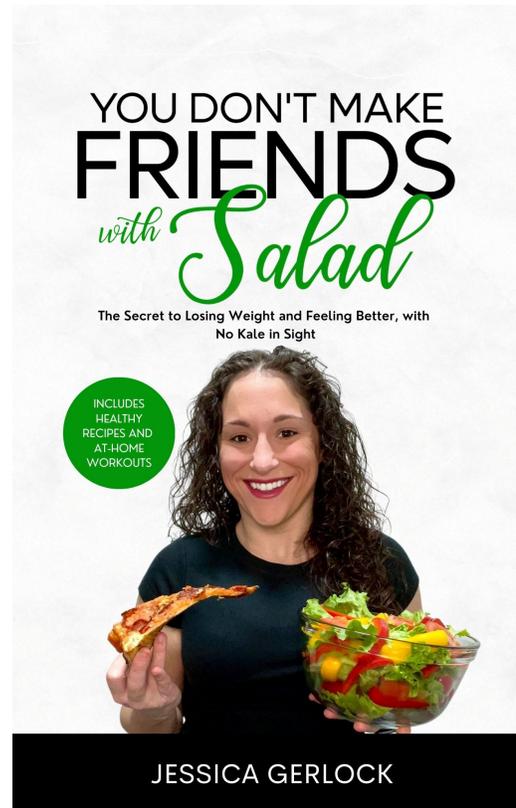
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"*You Don't Make Friends with Salad: The Secret to Losing Weight and Feeling Better, with No Kale in Sight*" includes practical tips, motivational quotes, recipes and workouts to get you started on living a healthy lifestyle. This book has been described as "Inspiring, motivating, and refreshing!"

Jessica's own journey with weight loss and fitness began when she was overweight and unhappy in her early twenties. After trying every fad diet out there, she finally found success with a healthy lifestyle change. Jessica is now a certified personal trainer who wants to share her knowledge with others struggling with weight issues.

"I wrote this book because I want people to know that they can achieve their weight loss goals without depriving themselves," Jessica says. "My book is about making small changes that add up to big results."

The book will be available for purchase on November 1, 2023, at Amazon, Barnes and Noble and other book retailers. For more information, please visit Jessica Gerlock's website www.jessicagerlock.com.



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