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FOR IMMEDIATE RELEASE

Fitness Trainer Jessica Gerlock is Releasing an Anti-Diet Weight Loss Book: “You Don’t Make Friends with Salad: The Secret to Losing Weight and Feeling Better with No Kale in Sight.”

[VAUGHAN, ON., June 5, 2023] In her new book, Gerlock promises readers they can lose weight and feel better without restricting themselves or eating kale. "You don't need to diet or punish yourself to lose weight," Gerlock says. "In fact, those things usually make things worse. My book shows you how to make small changes in your eating and exercise habits that will lead to big results. If I can do it, so can you”

Gerlock is a nationally certified personal trainer and weight loss specialist with almost 8 years of experience helping people lose weight and get healthy. Gerlock herself lost over 100 pounds and has been able to keep it off since 2015.

"I wrote this book because I'm tired of seeing people suffer through fad diets and crazy workout routines," Gerlock says. "There's a better way to lose weight and get healthy, and I want to share it with as many people as possible."

You Don't Make Friends with Salad: The Secret to Losing Weight and Feeling Better with No Kale in Sight will be available for purchase on November 1, 2023 in ebook and paperback formats. Ebook preorder is now exclusively available at Amazon.

To learn more visit www.jessicagerlock.com

