

Read These Simple Instructions Now!

To Find Out How to Make
Losing Weight as Easy as 1-2-3!



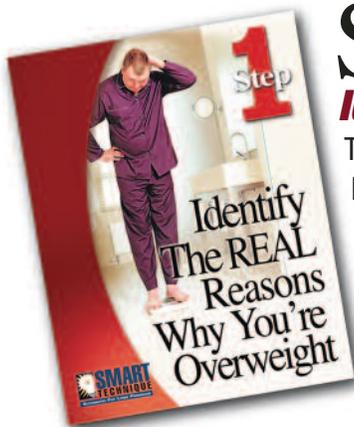
GET STARTED RIGHT AWAY!

The fastest and easiest way to get started is to listen to the Quick Start CD or Audio Cassette right now. It will walk you through every step of the program, explain how and why the program works and give you additional tips and tricks to accelerate your results. It's really all the instructions you need. So pop it in and start making fat loss automatic today!

STEP 1

Identify The Real Reasons You Can't Lose Weight

The first step in making fat loss automatic is finding out the **REAL** reasons you can't lose weight. And it's easy. Just open the **Step 1 Book** and answer the simple questionnaire which will help you discover what habits, lifelong behaviors and other "subconscious programs" have been causing you to gain weight. Once you do that, the rest is easy. *It only takes a few minutes so get out a pencil and discover the real reasons you can't lose weight TODAY!*



STEP 2

Choose the New "Thin" Habits You Want To Install

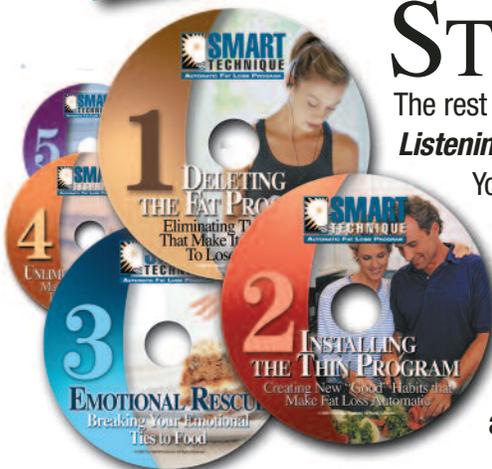
Next, follow the simple instructions in the **Step 2 Book** to choose which new habits and automatic behaviors you are going to use to make you lose weight. Once you've picked them, then the **SMART Technique** audio programs will essentially "install" these new habits in your subconscious so you begin to follow them automatically - without thinking about them. Once that happens, then losing weight will become just as easy, just as effortless as gaining the weight was.



STEP 3 **Listen and Lose!**

The rest is easy. Open up your **Behavior Type Book**, find your **Customized Listening Schedule**, then simply lie back, relax and let the CDs do all the work.

You'll listen to one 30 minute program a day. And, in just six weeks, you'll have eliminated most of the old habits that sabotaged your weight loss goals and made you gain weight, and replaced them with new **permanent "thin" habits** that will cause you to lose weight - automatically - so you can finally lose all the weight you want **and** keep it off for the rest of your life. You are only 30 minutes away from making fat loss automatic, so don't wait. **Start right now!**



TO GUARANTEE YOUR SUCCESS HERE'S \$270 WORTH OF FREE BONUSES FROM PROVIDA LIFE SCIENCES!

The Help When You Need It Support Package

On the phone or online, Provida Life Sciences provides personal, professional support to guarantee you get results. And it's FREE for the entire time you are doing the program.

Get Help 3 Different Ways!

1. **Real Help from Real People** – Get all your questions answered and personal one-on-one help and support from our live, certified SMART Specialists – On the phone or online, you've got a friend who won't let you fail.
2. **24-Hour Motivation and Support Community** – Get help when you need it anytime - day or night - with unlimited access to secrets and support from thousands of others who are successfully making fat loss "automatic."
3. **Online Fat Loss Resource Library** – Whether you have a question, need a fat loss recipe, or want the latest news and info about nutrition and fat loss you'll find it here.



Similar live support packages cost \$10-\$20 a month - that's more than \$180 a year - but Provida includes this Real Help from Real People FREE... for Life!

MSRP
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FREE!

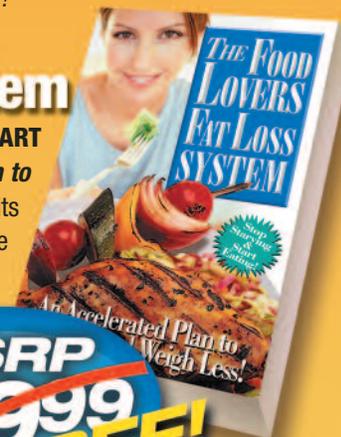


Size-A-Week Slim Down

To jump-start weight loss and make sure you get dramatic results in the first seven days of your SMART program, we've also included, as a special FREE bonus, the world famous **Size-A-Week Slim Down**. This revolutionary eating plan is designed to accelerate weight loss so dramatically that you can lose an entire dress or pant size in just one week – and do it *without starving yourself!*

Food Lovers Fat Loss System

To make sure you get the fastest results possible with the **SMART Technique** we've also included **The Food Lovers Fat Loss System – An Accelerated Plan to Eat More and Weigh Less**. This time-tested program provides an ideal guide of new "thin" habits which is guaranteed to have you shedding the pounds and inches fast. The perfect companion for the **SMART Technique**, **The Food Lovers Fat Loss System** is a simple plan for eating more often and using the right combination of foods to boost your metabolism and turn your body into a fat burning machine. It's normally a \$29.99 value, but to help you get faster and easier results with the **SMART Technique**, Provida Life Sciences has included it FREE.



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FREE!

Emergency Techniques

This package also includes the first two volumes of the powerful **SMART Emergency Techniques** programs. These powerful programs are designed to work in conjunction with your **SMART** program to help you overcome specific cravings and other weight loss "emergencies" *as they happen*. So next time you face an uncontrollable craving, simply pop in **Instant Control** and watch it disappear. And before going out, listen to **Surviving Parties, Holidays and Special Occasions** to get the instant support you need to enjoy any social situation without sabotaging your weight loss success. Each a \$14.99 value, they are also yours FREE.

For more **Emergency Technique** programs log onto www.SMARTTechnique.com/ETs

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FREE!



Altogether that's more than \$270 in free gifts guaranteed to help make sure you get the results you want. It's our way of saying "Thank You" for putting your trust in Provida Life Sciences – Practical Solutions for Better Living.