

## TESTIMONIALS

Many wonderful people have sent me their stories from all over the world. I feel blessed that so many have taken the time out of their busy lives to write to me and I thank you all. I thought I would share some fantastic snippets from just a few of these inspirational people.

Being a food addict, I had tried many different diets with the same mediocre results, lost some weight, spent lots of money, only to put the weight back on. However I achieved my greatest success while not dieting at all! With the help of what I call the Symply Too Good To Be True "tool kit" - namely the cookbooks, the website, and Menu Plans, I've found the healthy me I'd been so desperately searching for. It was hard being overweight, emotionally and physically, but in hindsight it was easier to make the change to become a healthy person, than to torture myself daily with feelings of guilt and burden. The recipes are so flavoursome, especially when compared to replacement meals (shakes) the diet industry offers. I also enjoy exercising now and wonder how I lived without it! 28 days may not sound like a feasible time to get long-term results, but believe me, any step towards the healthy you is a positive change. Having slipped up a few times, I find the Masterclass is a great tool to get back on track and I've now lost over 35kgs.

**Ben Langskail – Lilydale VIC**

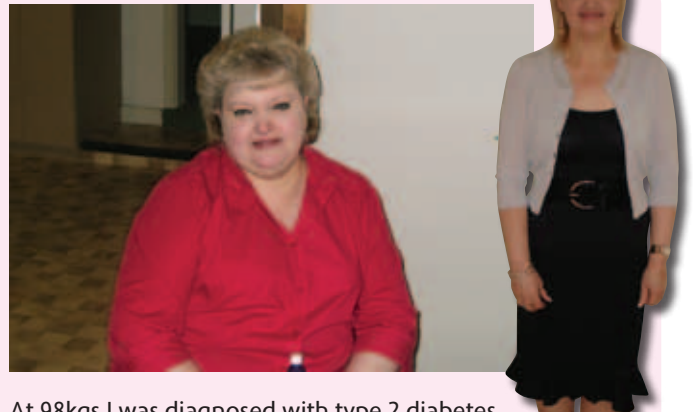
With the help of your cookbooks I have lost 42kgs in 8 months! Your books have re-educated me on healthy eating and portion sizing which has benefited my whole family. I now feel that I am a good role model for my two young daughters. For the first time I feel I will be successful in maintaining a healthy weight and will continue to use your cookbooks as part of my new healthy lifestyle.

**Leanne Thompson – Nerang QLD**



I am 74 years and have joint troubles and had difficulty losing weight with diets. I have been very happy with the Masterclass as I didn't feel deprived and, in fact, had more food on some days than I had been used to. I lost 3kgs in just 4 weeks and will continue to use the cookbooks as they are a great help.

**June Beadle – Curra Meadows QLD**



At 98kgs I was diagnosed with type 2 diabetes, I couldn't believe it. It made me look at my life and what I could do to change it. At my first visit to my dietician she showed me your cookbooks. With a change of diet using your recipes and regular exercise I dropped to 58kgs, a loss of 40kgs in 10 months. I have now returned to a non-diabetic state and can't believe how easy it was to lose the weight eating such a wide variety of delicious meals. Thank you Annette, you have been such an inspiration and I'm so much happier about myself, and when people ask how I did it I say SYMPLY TOO GOOD TO BE TRUE.

**Carol Harlen – Ringwood North VIC**

My husband and I live with vision impairment yet we are quite independent. Grocery shopping can be a challenge but with the help of your cookbooks and other lifestyle changes I've made, I've lost 16kgs and in only 4 months my cholesterol dropped from 7 to 5. I'm looking forward to continuing to be the new healthier me. It's been a dream come true.

**Sharie Watts – Annerley QLD**

Your Masterclass is sensible and a piece of cake to follow. My doctor put me onto it and described it as "bloke friendly", which I heartily agree with. I am already developing new habits centred around healthy food choices, it's not rocket science... I'm off the booze too, my wife is amazed. I got lots of life-changing tips from the Masterclass which brought a lot of facts together for me. An increasing number of people are asking me how I've lost so much weight. I explain I'm not on a diet but a healthy eating plan where there's no need to feel deprived and it's simply all about portion control and choices.

**Garry Josh – Scarborough QLD**

I attended Annette's talk at Nambour Hospital and it literally was a life-saving day. Inspired by Annette, I started the 28 Day Weight Loss Plan in Book 5 and lost 18kgs in 3 months. I felt wonderful, dropped dress sizes and most importantly, as a result of being lighter and having lost weight around the bust area, I discovered a lump on my breast which was found to be malignant. I am undergoing treatment and the outlook is positive due to the early detection. I know that if I hadn't followed the plan and lost that amount of weight, I wouldn't have noticed the lump as early as I did, and my doctors agree. I have even maintained my weightloss during my chemotherapy and steroid treatment by simply using her cookbooks. I wanted to share my story to inspire others to lose weight, improve their health, and maybe even save their life... and to say a heartfelt thank you from me and my ever-grateful husband and family.

**Pat Dingey – Nambour QLD**

I've tried a lot of weightloss programs including the biggest and WORST, gastric by-pass, which had to be reversed because I wasn't getting enough vitamins and was quite sick and malnourished. Then the weight started to come back on again because the operation had not changed my eating habits. I then started making Annette's recipe's and reading the front pages of all of her 5 books and decided for the first time in my life that I am NOT going to DIET anymore. Now I eat the same meals as my family so we all get the benefit of tasty and healthy meals and I am happy to say that I have lost 27kgs and have done it all by myself.

**Carol Williams – Ferny Grove QLD**

I love your books and discovered them while I was a contestant on the TV show The Biggest Loser 2009. They had your books in the house for contestants to read and I have to say I just love all your recipes. I recommend your books to anyone who wants to change how they eat without too much fuss. They are easy to follow and, after my experience on the show, I found that the food we put into our bodies is a reflection of our well being and sense of self respect. Well done Annette.

**Teresa Mackay – Contestant, The Biggest Loser 2009. Amazon Trainer Central Coast NSW**



I lost 3.4kgs and a huge 35.5cm in just 28 days following your Masterclass. I am feeling fantastic and motivated to keep going and have the confidence to get out in a swimsuit this summer. My husband also joined me on the program and lost 3.7kgs and 14.5cm.

**Jenni Martin – Karana Downs QLD**

Your cookbooks were recommended to me by my hairdresser who lost 30kgs with the help of your recipe books. Once I discovered Symply Too Good To Be True I kindly donated all my other cookbooks to charity. I love that every recipe has a picture and I get very excited that my meals always turn out looking as good as the picture. I'm proud to tell you that I've lost 30kgs and my husband Mick has lost 36kgs as well.

**Tanya and Mick Baker – Rochester VIC**



My mother and I use your cookbooks regularly and rave about them. Both my children love your meals and when my 6 year old son Liam was visiting my mother one day, she offered him a muffin. He asked her if it was from the Symply Too Good To Be True cookbooks because they were the only ones that were any good to eat! They don't have too much sugar he said. Mum got a giggle out of this and we thought you might like to know that your message has spread even to the kids. Thank you for your wonderful books.

**Melinda McCarthy – Wagga Wagga NSW**

It all started with my husband saying "if we don't do something about our weight we will not see our 2 boys grow up". That was all it needed for us both to lose weight using your books. The recipes are great, easy to prepare with ingredients you already have in your cupboard. These cookbooks are our bibles. I lost 23kgs and my husband lost 15kgs and we both feel healthier than ever. I'm a size 8 now which I haven't been for 25yrs since my school days. The secret is feeling good inside and doing it for yourself. We have maintained our weight ever since.

**Tracey and Gary Simpson – Forest Lake QLD**

