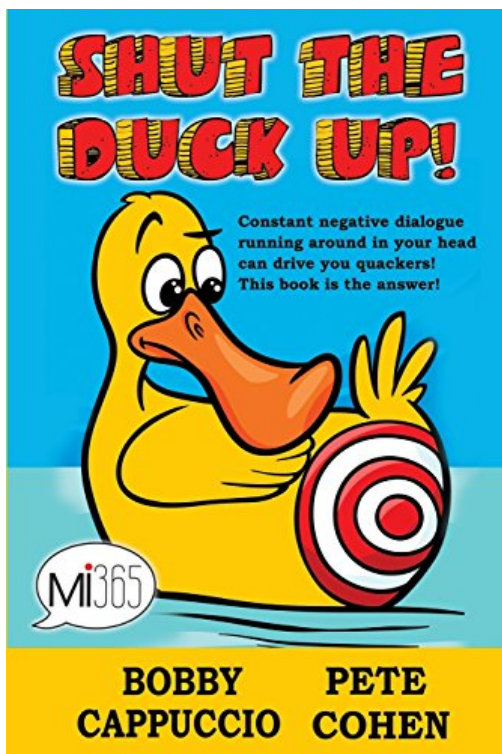


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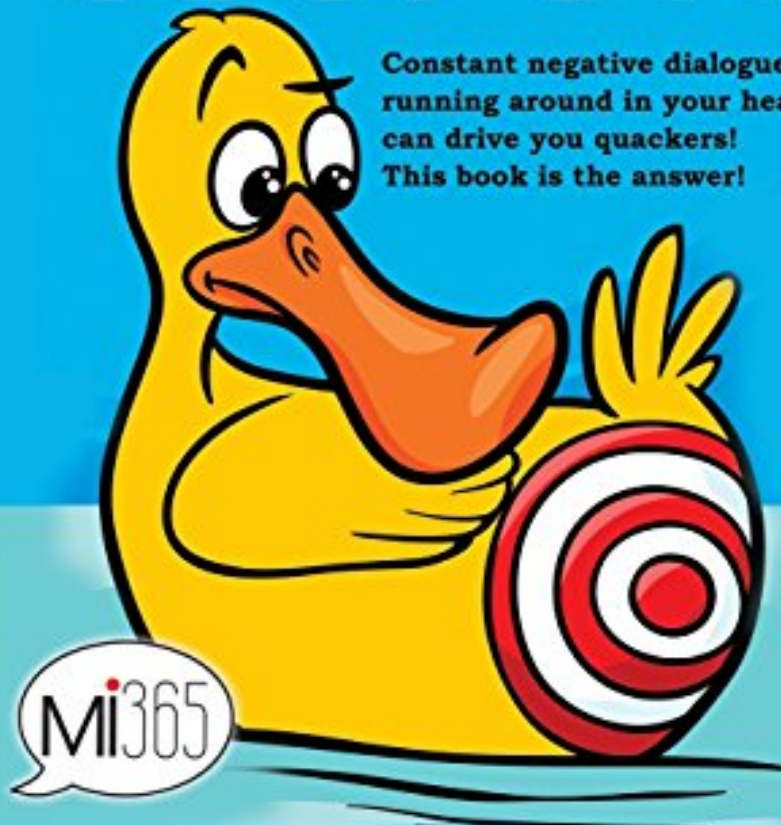
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About the Author

Bobby Cappuccio is an internationally recognised speaker and author. Bobby has assisted countless thousands of trainers, managers and industry leaders in the world's most well-known organisations to facilitate remarkable changes in their businesses. Bobby is a co-founder of PTA-Global, an international personal trainer education company. Formerly, the director of professional development for the National Academy of Sports Medicine, Robert has written articles for several fitness publications, been a contributing author of two textbooks and has been a keynote speaker for leading industry conferences.

Pete Cohen is a life coach, public speaker, TV presenter and bestselling author of eleven books about making positive life changes and weight loss. He works as a peak performance coach for world-class athletes, including Dame Ellen MacArthur, Ronnie O'Sullivan and Dame Sally Gunnell. Pete is well known for his regular morning TV appearances on GMTV and BBC2's Confidence Lab. He was recognised internationally for defining the 'Formula for Happiness' in 2003. As a life coach, life strategist and human behaviourist he works with people to create positive change in their lives.

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