

~ Everyone deserves a little Extra in their Ordinary ~

the
UGLY DUCK



MAKEOVER

Simple, Beautiful, Complete

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The Ugly Duck Makeover

Sneak Peak

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the UGLY DUCK MAKEOVER

The woman I want to be like is elegant, confident, and kind. Her beauty is timeless, and comes from within. She radiates health and happiness. This woman may or may not have media-defined beauty, but she is beautiful! It's important to understand, then, that I can not become that woman on the outside, unless I first become that woman on the inside.

STEP 1

Self - EVALUATION

Blast Off! You're amazing and fascinating (a multi-faceted creation)! You'll find out just how true this is after you complete your *Ugly Duck Health & Beauty Questionnaire*®. The questionnaire will also help you define what YOU want to get from your *Ugly Duck Makeover*®.

Also, I've included the opportunity for you to test out a revolutionary, *mind-expanding program* for free - one that I've used for years. In addition to that, you'll get *The Duck Directory* so that you'll have time to study the Recommended Resources ahead of time, and be able to decide which Resources you want to include in your Foundational Health & Beauty program.

- Find out how amazing and fascinating you really are from the Ugly Duck Health & Beauty Questionnaire.
- You're given a way to test out a revolutionary, mind-expanding program for free.

- Find out why this Questionnaire is superior to other Self-Help inventories and how it will positively affect your future.
- Uncover an attitude that many women are guilty of that prevents them from enhancing their Health & Beauty, and what to do if you are guilty of doing it.

STEP 2

Self - IMPROVEMENT

Mission - Possible! Your Mission: Cleanse, Nourish & Protect your cells. You'll create a personalized Morning Routine from the Foundational Health Recommended Resources, and learn how to use it as your foundation for Healthy Aging & Ageless Beauty.

- You'll find out what I think is foundational to successfully completing the entire 7 Step Ugly Duck Makeover.
- Strangely as it sounds, you'll find out that elephants have something to do with The Ugly Duck Makeover©.
- What kind of Routine jump starts your life journey to Health & Beauty.
- You'll learn how to use the simple philosophies from The Ugly Duck Makeover© to make powerful life changes.
- You'll discover the 5 things that will guarantee the success of your Morning Routine.

STEP 3

Self - PERCEPTION

Behold Your Beauty! You'll discover how to fine-tune your body a completely different way, by using a very simple Mantra, in place of another worn-out, recycled Diet & Exercise program. You'll also get a few of my favorite Skin, Hair & Makeup Tips, which actually work to enhance

beauty, and eliminate signs of aging. These tips will not only help you look better, but will also help you feel better about your appearance.

- Find out the key to becoming more beautiful - it's powerful and easy to do.
- Step 3 applies "The Secret" to your life - giving you tremendous possibilities.
- There is a specific, positive feedback loop you can use to jumpstart and maintain your Ugly Duck Makeover®.
- Find out why the story of "The Ugly Duckling" applies so well to the way we perceive ourselves. It'll inspire you all over again.
- **First and Last Impressions** only happen once - learn how to make them count.
- Universally, the most hateful, rude people have something in common. Find out what it is so that you'll never be bothered again.
- Find out why investing time and money in yourself - right now - will pay off for a life time.
- There is one question I ask that will predict success or failure in your weight management program.
- I have uncovered the reason that most adults fail at dieting. Knowledge is Power, so find out what it is.
- There is only one Diet & Exercise program that I think is smart enough, original and that I believe could work for you. Find out what it is.
- If you do it right - you'll look years younger. Do it wrong - you'll look and feel much older than you are.
- Find out the sales trick I always use and that has helped me sell \$\$ Millions of Dollars of Furniture.
- Learn how you can Shop Smart & Shop Value for Hair, Skin & Makeup that WILL **ANTI-AGE** you.

- Find out what you're missing out on if you don't have a good Hairdresser.
- There are things I never do, and things I always do if I'm trying to loose weight. You might want to duplicate this.
- Find out 4 little secret things I've used for years on my face. They work, are completely natural, and inexpensive.

STEP 3

Self - INDULGENCE

Pay Day! You'll discover that small things often pay off in a big way! You'll learn how to treat yourself to a few Small Luxuries during the month - tiny treats that'll renew, relax, recharge, and revitalize your Mind, Body & Soul. By doing this, you'll find out that it's the small things that feed our souls, and make us feel like the Million Dollar Babies we really are.

- You'll learn that there really is something that will take away your desire for the "Bigger, Better, More" Mindset most of us have. It's a Win-Win Solution, and you'll love it!
- You'll discover what I mean by "the awesome power of small" and why "small" is so powerful.
- I'll show you the reason you have to give yourself small gifts if you want the Ugly Duck Makeover© to work.
- I'll show you why \$10, and 30 minutes makes me feel pampered and very special.
- You'll find out that Step 4 is one of the most personalized aspects of the program, and why YOU (and you alone) hold the key to feeling like a "Million Dollar Baby"!
- You're given over 40 fantastic ideas of Small Luxuries that will get you started.

STEP 5

Self-EMPOWERMENT

Watch Out! When you're finished with this step, you'll have "Power in your Punch" and "More Bang for your Buck!" You'll discover how to make your days happier and more fun, and if you're brave enough, discover more about yourself than anyone (but you) needs to know. Empowerment means "to give power and authority", and to "permit and enable". These are the results we want for ourselves, and in our lives.

- You'll learn 3 very important traits to use when you're "thrown eggs, rotten tomatoes, and hard balls" in life. You'll begin a "new season" and consistently begin to WIN in the Game of Life!
- You're given an Arsenal of 3 very Powerful & Personal Self-Help programs. Everyone loves them - you will too!
- One of these Self-Help Programs I use daily to give me the psychological edge I need to sell Millions of \$\$ of Furniture.
- You'll find a very simply way to make your days more fun and happier - especially helpful to those of us who work 9-5.
- Step 5 is so empowering that it naturally leads you to the ONE thing you've been searching for in your life.
- You'll find out what is so special about 1 little Personality Test.

STEP 6

Self-CONFIDENCE

Wow! You'll walk into a room and heads will turn (well, that's our goal, anyway). At the very least, you'll feel more self-assured and poised as you get to know your sensual, sexy side. Enhancing your Sexuality (and therefore, increasing your Self-Confidence) is a common goal that women all over the world share. This is a very important step, and I have compiled information and resources that are completely original, and really work! These are things that anyone should be comfortable with, and not embarrassed to use or talk about.

- Step 6 is the most amazing and original information on the Internet today. This Step alone is worth the money you'll pay for the entire Ugly Duck Makeover®.
- Do you want to "Knock-out" your "competition" once and for all? You'll learn how to improve your Self-Confidence by enhancing your Sexuality.
- There are over 20 topics covered in Step 6 that will give you an education in the "World of Men" and the "World of Women". I believe this information will change your life forever.
- You'll relearn some things from your childhood that will make life a whole lot more fun!
- Find out why there's no shame in wanting to be noticed, and why we work so hard at it.
- Although Step 6 doesn't try to replace Cosmopolitan Magazine or your Sex Therapist, it probably will.
- There's something I reveal that helps you gain the advantage over men and women.
- I have 4 favorite women who I use to improve myself. Find out who they are.
- Your people watching skills will improve and you'll learn how to benefit from doing it.
- You're going to get the TRUTH about Alpha Males.
- Men are Single-Minded. But you're going to find out it's NOT about SEX.
- Learn this, and you'll be placed in the "one very coooool chic" category.
- You probably aren't, and I definitely am not Geisha, but we can acquire "Geisha-Power".
- I'll make you a "PI of Watering Holes". Lots of surprises there!

- Find out if you're a SCREAMER or WHISPERER! (... now don't assume anything, here ...)
- Did you know that very few women today know what it means to be Classy? You'll learn everything you need to know so that You can be identified as a Woman of Class! (And it's not about money, either.)
- We can learn a lot from other women if you know what to look for, and what to avoid.
- Have you been to Hawaii? I lived there for 10 years and have a Great Hawaiian- Style tip for you.
- Gretchen Wilson & Hippocrates has something to teach YOU!
- Find out what I have absolutely no tolerance for.
- I give you fresh ideas for Hormonal Relief and Vaginal Health.
- Why you must "use it or loose it".

STEP 7

Self-LESS-NESS

Butterfly Wings! You'll "Learn to Listen" and "Listen to Learn". This is the most important step I can give you. You'll come face to face with yourself, and confirm how fascinating you really are - the amazingly beautiful, multi-faceted you!

Although I call this last Step, "Self-Less-Ness", you really don't give up, or loose yourself. I simply mean, that when you master this step, you'll gain the discipline, and self-control that allows you to put aside your personal needs and desires so that you can effectively affect your world. You'll also discover how peaceful and powerful Self-Less-Ness can be, since it gives you entrance into a place where freedom exists.

- I know how to gain entrance into the place where freedom exists - it's really a simple concept but very hard to do. I'll tell you all about it!
- Find out about a very cool dance!
- Women are confused and are constantly looking for ways to be Healthy, Happy, Beautiful, Sexy and Stay Young! I know what works and I'll tell YOU!
- You'll learn more from Step 7 than from *Ellen*, *Oprah*, *Suzie*, *The View* or *Desperate Housewives*.
- Find out what makes the Ugly Duck Makeover WORK and what to do to guarantee your success!