

“Bronwyn Marmo’s book, *The Food Is A Lie: The Truth Is Within*, is a powerful resource manual for living a healthy, balanced life. Her solution to living in the body that you desire does not come in a diet or prepackaged food, it comes from within. If you are ready to get to the truth, I highly recommend this book.”

Dr. Wayne W. Dyer

It's About
You
Not the Food

HOW YOUR THOUGHTS
DETERMINE YOUR WEIGHT

Weight Loss Success Coach,
Award Winning Author and Speaker



BRONWYN MARMO