

[Print](#)[Close](#)

---

# Your Complimentary Copy of The Action Diet

---

From: **awlist3804739@aweber.com** on behalf of **Jordan Ring**  
(jordan@fiberguardian.com)

Sent: Fri 3/04/16 2:31 PM

To: jordanmring@hotmail.com



**Hello**

First of all, thank you for being a part of my mailing list. I could not do it without you, and this is why I am going to be offering my next book FREE of charge right to your inbox.

My book is called:

**The Action Diet: 35 Practical Weight Loss Tactics as Chronicled by The Fiber Guardian**

All you have to do to get your free copy is reply to this email and agree to leave me an honest review on Amazon. Reviews are of uber importance to authors, and will help the book propel the ranks of Amazon, which will ultimately help more people realize their weight loss goals.

The book will be finished **around the end of March** and at that time, I will send it to you if you interested **before** I launch it to the world. That is right! You will be among the first to read my book!

I will send it in PDF, MOBI or EPUB format so you can read it on any device that you choose. If you desire a different format just let me know and I will make it happen.

As you can tell, I am SO excited to release this book to the world, but let me first tell you a little bit more about it:

- It is a book that covers my own story with weight loss, but also works in 35 practical weight loss tactics. These tactics were ones that I used to lose over 40 pounds after college.
- It is called "The Action Diet" because weight loss is all about taking action and making changes in your life. It is accomplished through small and positive life-style changes.
- It took me several months to finish the first draft, but 50000 words later I am feeling great about this book's potential to reach far and wide, and I am excited that you get to be part of the ground floor of the book's launch.
- It is my first full length book, but most certainly will not be my last.

**So folks, the truth is that I need several people to sign up to read the book, and then give it an honest review on launch day. I honestly cannot do it without you, and I welcome the help.**

Will you be one of these people?

-Jordan

---

548 White Oak dr. APT 220  
salisbury NC 28147  
USA

[Unsubscribe](#) | [Change Subscriber Options](#)