

Subject: The airplane ride that almost killed me

I could barely breathe as I barreled up to the gate...

My heart was pounding and sweat was pouring down my face as I struggled to get a word out to the ticketing agent.

On that fateful day, my brother hadn't been able to pick me up or help me get to the airport...

And so there I was, all 410lbs of me...

Wrestling with my suitcases, gasping for air, struggling just to make it a few hundred yards.

Somehow, I made it onto that plane...

...but as I got into Atlanta the literal weight of the situation just kept hitting me in the face and screaming...

"Lou, if you don't make a change, you're going to die!"

See, despite weighing 410lbs, I had been telling myself I was fine for years.

I actually didn't think I needed to change (crazy to think now).

It was on that trip that I finally accepted I had been lying to myself.

I had been telling myself that there was nothing wrong with how I'd been living my life...

Deep down it's because I feared the changes I'd have to make and what those changes would mean for me.

It's sometimes so hard to see how we're slowly and silently killing ourselves by the little lies we tell ourselves to keep things "safe" and familiar.

Sometimes keeping that day job, even though it's killing you, is easier than facing the reality of the situation.

Jobs are designed to keep you "safe" but they ultimately just slowly kill you and any chance at really controlling your financial future.

The only way to break that cycle is the same for all of us.

Whether it's losing 170lbs or taking the leap to start your own online business...

We only get there by looking hard in the face of reality and choosing the path that gives us control and freedom for our future.

For me, that meant totally transforming my life into a healthy way of living.

Doing that gave me the energy and ability to take control of the other areas of my life and build my own business.

Today, I'm a much happier, healthier and lighter version of myself, and I'm so thankful I had that transformational flight to Atlanta...

It really saved my life.

The reason I share that is because if you're ready to create your own transformation and stop settling for the slow death grip of the 9-5 J.O.B...

You've got to choose it.

Nothing happens without first making a choice to change.

That's what [this video](#) with my mentor Jeff will show you.

Jeff is going to show you how you don't have to settle anymore and you really can create a life of true freedom where you take back control of your future.

It's a very eye-opening video that helped me create my business and showed me the path to creating a new reality for me and my family.

Just [go here](#) to watch this powerful video.

I look forward to seeing you there,

Lou