

The creation of Dean Mitchell's first book, *The Woman Missing in the Mirror*, began as a means to bridge the gap between a woman's true physical potential and her ability to actually achieve it. In a deliberate attempt to not offer "just another fitness book" filled with fancy words and concepts that only a highly educated fitness professional would be able to apply, Mitchell's intentions with the book are to provide the reader with the precise tools needed for her success while also discussing a key ingredient that he feels is overlooked in virtually every program offered today, an ingredient that has proved to set his methods apart from the rest. His "Make It Work with What You've Got" motto addresses the idea that you don't need to put your kids and spouse up for adoption or leave your career behind to take up residence at your local fitness center in order to achieve the look you desire. Nor do you need to put yourself on a diet that's so restrictive on calories that it would make Gandhi look as though he's overeating in order to see the changes in the mirror you so badly desire. You can still be a mommy, wife and social butterfly! Mitchell's approach is simple: He teaches you how to solve underlying problems rather than continually treat your symptoms. He will coach you on how to replace a few bad habits with some new alternatives, all while applying his principles to the personal challenges you're faced with.

Whether you're that busy mother trying to juggle the demands of raising children while maintaining a house and your marriage and you find yourself last on the to-do list. Or perhaps you're that highly ambitious woman spending every waking second and all of your energy on a career and your climb to the top of it. Or maybe you're the woman who's in the later stages of life and you want to live out the rest of your days keeping up with your grandchildren and taking advantage of every opportunity the day offers to make your final memories.

Whichever woman you are, this book has within it the tools you need to take back your identity, to find that woman who's been missing in the mirror for far too long. You no longer have to feel helpless, doomed to live out your days wearing a mask that covers the deep depression you struggle with every day of your life from feeling uncomfortable in your own skin. You no longer have to carry with you the feeling of hopelessness because everyone else and their needs come far before your own. Mitchell's hopes for his book *The Woman Missing in the Mirror* is that it will spread his message to as many women as possible that you don't have to choose between the woman you deserve to be and the daily responsibilities you face!



Dean Mitchell is an entrepreneur, author, and health and wellness expert who has found extreme success through working exclusively with women all over the country to help them achieve the unachievable.

www.DeanPMitchell.com

THE WOMAN MISSING IN THE MIRROR

THE WOMAN MISSING IN THE MIRROR

DEAN MITCHELL



Your Foolproof Guide to Getting Back to the Best Version of You... Body, Mind and Soul

DEAN MITCHELL