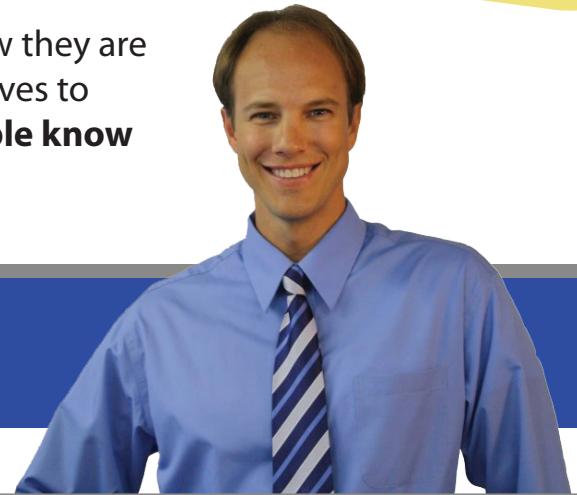


Self-Sabotage Is The Reason People Struggle To Achieve Goals And Feel Secure!

Timely Tie-Ins: Holidays, Scandals, Health Scares... Applies Anytime
(New Year Resolutions, Weight Loss, Money and Marriage Sabotage)

Self-Sabotage is spreading like a plague and people don't know they are inflicted! Americans are eating, drinking, and smoking themselves to death, they're broke and exhausted, and worse yet, **most people know what to do to improve their lives, they just aren't doing it!**



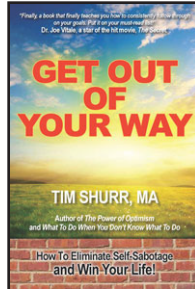
Self-Sabotage Expert

TIM SHURR, MA, CH

"Self-Sabotage occurs when you communicate with yourself in a way that makes achieving goals and feeling confident almost impossible," says Tim Shurr, MA, author of *Get Out Of Your Way!* He's spent 20 years helping thousands improve their health, money, and relationships with **unique mental strategies that aren't being shared anywhere in the media!**

Get Out Of Your Way

This book reveals how to mentally and emotionally reprogram yourself to follow through, even when it gets tough, while providing you with fast and effective tricks that give you the advantage in any situation! It's a practical, step-by-step system for ending emotional sabotage, getting what you want, and having fun in the process!



"Tim Shurr is the real deal!"

Denny Smith, CMFC, host of Everything Money

"Tim is one of my all time favorite guests and I've interviewed the best of the best!"

Shannon Deveraux, Shannon's Corner, WTBO, New York

Tim Shurr, MA, CH is the "Coaches Coach." He's the guy that other experts go to for advice! Tim's worked in psyche hospitals with gang members and bulimics, he's coached top athletes and CEO's, and his clients include Verizon, Century 21, and the University of Phoenix. Tim has shared his Shurr Success strategies across America and Canada on shows like *Mancow* and *America Tonight* and his articles and videos are all over the web!

FIVE STORY IDEAS:

**Are You Sabotaging Your Happiness?
Take the *Get Out of Your Way* Quiz and Find Out!**

Discover the top 3 self-sabotages that keep you from reaching goals.

**Eliminate Sugar Cravings
in 10 Seconds With Your Mind**

Hilarious 5-minute segment where self-professed choco-holics find themselves rejecting brownies in 10 seconds without willpower!

Are You An "Emotion Junkie?"

A new approach to curing compulsive spending, eating or arguing.

Change Your Eye Patterns, Change Your Mood

*By looking in various directions, you can change the way you feel.
Good for holiday stress relief and interesting in general.*

Use Procrastination to Achieve Goals Faster

Fun spin on how to delay your impulse for instant gratification.

(More show suggestions on the back!)

Fresh, Unique, Cutting-Edge Advice That Everyone Needs!

Americans become obese and sue fast food companies. They smoke for 30 years, get cancer, and blame tobacco companies. People take on mortgages they can't afford and fault the banks! Business people procrastinate, lose income, and blame the "economy."

Your audience will learn how to **eliminate self-sabotage** from their health, money and relationships, and turn stress into success! This information is unique, it's very much needed since our country is falling apart, and the advice applies to everyone!

Self-Sabotage is responsible for a wide variety of problems from binge eating and nail biting to busting bad habits, acing job interviews, and dealing with mother-in-laws. Tim has worked with every kind of person on every kind of topic and HE GETS RESULTS. We could do a show on the **5 Ways To Stop Binge Eating So You Can Get Into Your Bikini! Or a fun segment on "Are You Sabotaging Your Weight, Your Money, Your Marriage, Your Kids? Take the Self-Sabotage Quiz and Find Out."**

Tim Shurr, MA, CH

- Expert on self-sabotage, behavior modification, and motivation
- Bachelors in Psychology from IU and Masters from Valparaiso
- President of Shurr! Success, Inc. and Hypnotism Academy of Indiana
- Author of 4 books, award-winning corporate speaker
- Clients include Re/Max, U.S. Steel, Y-Me, Prudential, Indiana University

**Availability:
Nationwide by arrangement**



"Tim is a natural. He's easy, fun, and above all professionally knowledgeable on the issues that plague Americans. **Put him on your show and you'll be glad you did.**"

Ingrid Cummings, Founder of Rubicon Communications

MORE STORY IDEAS

Are You A Slave To Your Schedule?

3 Tips for Turning Stress into Success. A fascinating segment on managing the pressures of home, work, and life!

Thin and Fearful: How To Keep the Weight From Coming Back

Insightful piece on why 80% of people regain their weight back, and 5 Tricks For Staying Thinner!

How To Get Your Man To Stand Up To His Mother!

Avoid divorce court and set boundaries with your in-laws

Are You Sabotaging Your Marital Bliss?

Take the "Relationship Sabotage" Quiz and Discover How To Spot and End Arguments Before They Start!

Tips You Can Learn From Pro Athletes To Keep From Choking Under Pressure

Mind Tricks That Keep You Mentally Tough (Holidays, Achieving Goals, Managing a Stressful Job)

Bedtime Games That Create Happy Children

5 Tips for Boosting Your Child's Confidence and Grades

Busting Bad Habits in a Flash!

Whether it's nail biting, procrastination, or laziness, these mental tricks will give you control and improve your life!

How To Silence Your Inner Critic

3 Tips for Quieting a Restless Mind, Ending Insomnia, and Squashing Worry!

Self-Sabotage Expert

TIM SHURR, MA, CH