

Consulting and Coaching



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If you've read many of my articles or books, you may have come to a point where you'd like to get personal advice. If so, you've come to the right page.

Personal coaching/consulting can make a big difference in whether you take action towards your goals, or whether you merely read and put your goals off for another day.



One of my clients, age 54.

I consult and coach on diet and fitness. If you need to lose weight, gain muscle, fight aging, or get answers to your health and fitness questions, I'll consult with you on Skype or phone for \$70 for a half hour, or \$120 for a full hour. I can also coach you on an ongoing basis.

I'll teach you how to plan and follow a high-intensity weightlifting program, and I can provide that program for you. I can teach you what you need to do to bulk up or to lose fat and gain muscle. On my program, you can readily achieve weight loss and muscle gain, and you won't be hungry. You might have some muscle soreness though.



That's me, P. D. Mangan, July 2017, age 62.

Please note that I cannot diagnose or treat any medical condition.

I'm available as a speaker for any size group.

If you're not interested in a consultation or coaching, but want to send me praise, money, or abuse, just fill out the form below.

Name(required)

Email(required)

Website

Comment(required)