



Stu Schaefer

"The Life-Change Specialist"

I had just turned 13 and I got arrested for breaking and entering. I went to jail and I thought my life was over. Everyone who I thought was my friend abandoned me and I went into a tail-spin. I hated myself and I hated my body. As a result, I became anorexic.

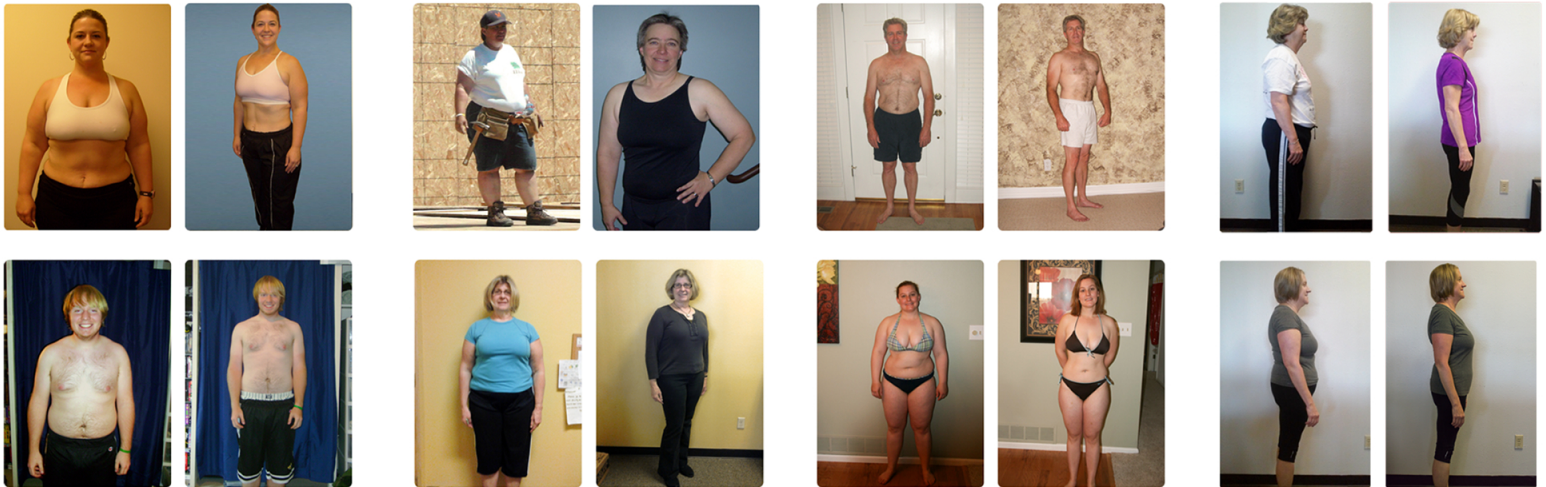
Picture this: Every night, you go to bed and you dread tomorrow because everyone thinks you're a criminal. And... your family has lost their trust in you.

You have nothing and no one to turn to for help... This was my life.

Don't get me wrong... I'm not telling you this so you'll feel sorry for me... there's no need for that anyway. My story has a very happy ending.

Out of my disaster I discovered the most effective secrets to create physical, mental and emotional transformations.

CREATING PHYSICAL TRANSFORMATIONS



PODCASTER & AUTHOR

I interview the greatest people on earth - entrepreneurs, health & fitness experts, celebrities and relationship experts - to cut through the nonsense, clichés and fake advice many "gurus" give. They provide the best advice you can trust and apply in your own life.

Guests include: Jim Stovall, Pat Flynn, Jean Chatzky, Danette May, Dr. William Davis, Dr. John Gray, Dr. Anna Cabeca, and many more!



PRODUCING EMOTIONAL BREAKTHROUGHS



Along the way of writing my books I discovered some of the most effective secrets to create physical, mental and emotional transformations.

In fact, not one in a thousand people even know about these principals but they are true “game changers” if you want success in your life.

I only need 10 minutes or less when I help a person create emotional breakthroughs. And the breakthroughs we create are permanent. That is why I call them “Transformations”.

STORY IDEAS AND TALKING POINTS

Why People Struggle With Weight Loss... And The Simple Shift That Stu's Clients Use To Lose 30 Pounds In 12 Weeks!

More people are overweight than ever before. Yet we know more than we ever have. So why is this happening? 20-year Veteran Trainer Stu Schaefer Knows the answer... and can share 5 simple steps to lose weight once and for all.

Moms: How To Stay Fit & Make Time For Yourself - Guilt-Free

It's called the “mom syndrome”... moms do everything for their families, but neglect themselves. The feeling of guilt can become so bad that moms get anxiety when they do even the smallest thing for themselves. Stu Schaefer, has a full-proof method for any mom to feel guilt-free while taking care of herself!

Fast And Fit Recipes Your Kids Will Love And You Can Eat Too!

When it comes to eating, kids are picky... and the food you make for them is the food you end up eating. Now there's a way to satisfy your kids and stay fit

Eat At Your Favorite Restaurants Without Blowing Your Diet

We all know about the battle of the bulge... and eating out often gets in the way. Not any more! Nutritionist and Life-Change Specialist Stu Schaefer will teach your audience how to eat at their favorite restaurants and still lose weight.

Why The Latest Diets Actually CAUSE You To Gain Weight!

The Paleo diet, the whole 30, keto diet, zone diet, south beach diet... all causing people to gain weight? Stu Schaefer is an expert nutritionist and transformation coach... and he says these new diets are the worst yet!



Stu Schaefer



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