



FITNESS & HEALTH STYLE HOME FOOD & TRAVEL THINGS TO DO FAMILY GIFTING WEDDINGS

Help Liz Hilliard's New Book Get to Be a Best Seller and You'll Get a Free Workout Video to Stream

Liz Hilliard, owner and creator of Hilliard Studio Method, will release her first book, **Be Powerful: Find Your Strength at Any Age** on Amazon this week.

Be Powerful is not only the story of how Liz came to create her crazy popular **Hilliard Studio Method** workout, but also how she found the strength to overcome one of her most challenging life events to empower others to find their authentic and most powerful selves.

Want to help Liz and her book get to Best Seller Status on Amazon? Plus get a free download of an HSM workout video?

Readers who purchase **Be Powerful from Amazon** on December 2nd between noon and 2:00pm and email their receipts to info@hilliardstudiomethod.com will receive a free download of Hilliard Studio Method's not-yet-released workout video, Total Body Tone.



In **Be Powerful**, Liz will inspire you to transform your weakness to strength and discover your power; find your physical and mental edge at any age; and get the body you always wanted. Her mantra, "Be Powerful," encompasses the philosophy that sets Hilliard Studio Method apart. With a supportive and positive approach to their challenging workout, Liz, her daughter and co-owner Clary Hilliard Gray, and their trainers recognize that it takes power to make fitness and health a priority. It takes power to push your body to the place where it will change. Help one of our local entrepreneurs take it to the next level! Buy your copy of **Be Powerful on Amazon** now, or even better during the **HOT SALE** hours on 12/2 between noon and 2 pm.