

PRESS RELEASE

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Books/Publishing, Libraries, Fitness/Health, Beauty, Self-Help, IN News

Kris Gebhardts' New Book 'Overhaul' Helps Readers Rebuild Their Bodies And Makeover Their Appearance, And Reinvent Their Lives.

INDIANAPOLIS, IN - February 17, 2004 /Send2Press Newswire/ -- GCI Press (www.trainingyourself.com) announced today that "Overhaul" (ISBN: 1-891947-06-0) written by author and fitness consultant Kris Gebhardt and beauty expert Angela Gebhardt will hit bookstores nationwide this month. Overhaul combines Kris's unique philosophy of self-reinvention with his amazing body rebuilding program. With valuable remake/makeover tips from his wife Angela, a successful salon owner, the book offers readers the magic formula they need to transform into a more confident, attractive, and successful person.

As a special pre-book tour promotion, the couple will be giving away free copies with the purchase of a starter kit from their Angela Hair Nutrients product line, available for purchase at: www.trainingyourself.com

According to Kris himself, twenty years ago he was the "poster boy for overweight and washed up." With no special training or advanced education, and armed only with the desire to change, Kris developed his winning formula and discovered the key to turn it all around. Using the principles he now shares in his new book, Kris completely rebuilt his body and reinvented himself as a confident, fit and successful individual.

Kris learned that improving your appearance, fitness level and body image is the greatest self-development tool there is because when you don't feel good about the way you look it puts a dark cloud over everything you do, and can subconsciously hold you back. Since then, Kris has become a master at helping his clients achieve levels of excellence and attractiveness that they could never achieve on their own, and now offers readers his secrets for maintaining peak performance and sustaining their personal best.

About the Author

Kris Gebhardt is the author of five books and has been officially recognized by Senator Richard Lugar, and named one of the "Top 40 Under 40" business performers for 2003 by IBJ Magazine. He has coached many high-profile clients including rock stars, supermodels and Fortune 500 CEOs. He has also trained the cast of the Tony and Emmy Award-winning Broadway show, "Blast!" Kris Gebhardt and wife Angela own and operate Envy Design, a premier salon located in the historic Art Deco section of Indianapolis, Indiana.

Book Summary:

Title: OVERHAUL - Reinvent, Rebuild and Remake Yourself
Author: Kris Gebhardt
ISBN: 1-891947-06-0 (paperback)
SRP: \$26.95
Publisher: GCI Press

For more information visit <http://www.trainingyourself.com>

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/Note to editors: images of author and book jacket available on request./

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