

Press Release 6th April 2020 for immediate release
Fight the “Spread of Corona-waistline” - free Ebook

NON-PROFIT ANNOUNCEMENT

“Stepbac from Overeating” free ebook edition. Two semi-British walking tour guides in Barcelona (who are currently both at home in Spain on Day 22 day of a stay-at-home total lockdown with no walks allowed) hope to give away 1 million free copies of their 214 page weight control book to help everyone in stay-at-home confinement to **help fight the “Spread of Corona-waistline”**

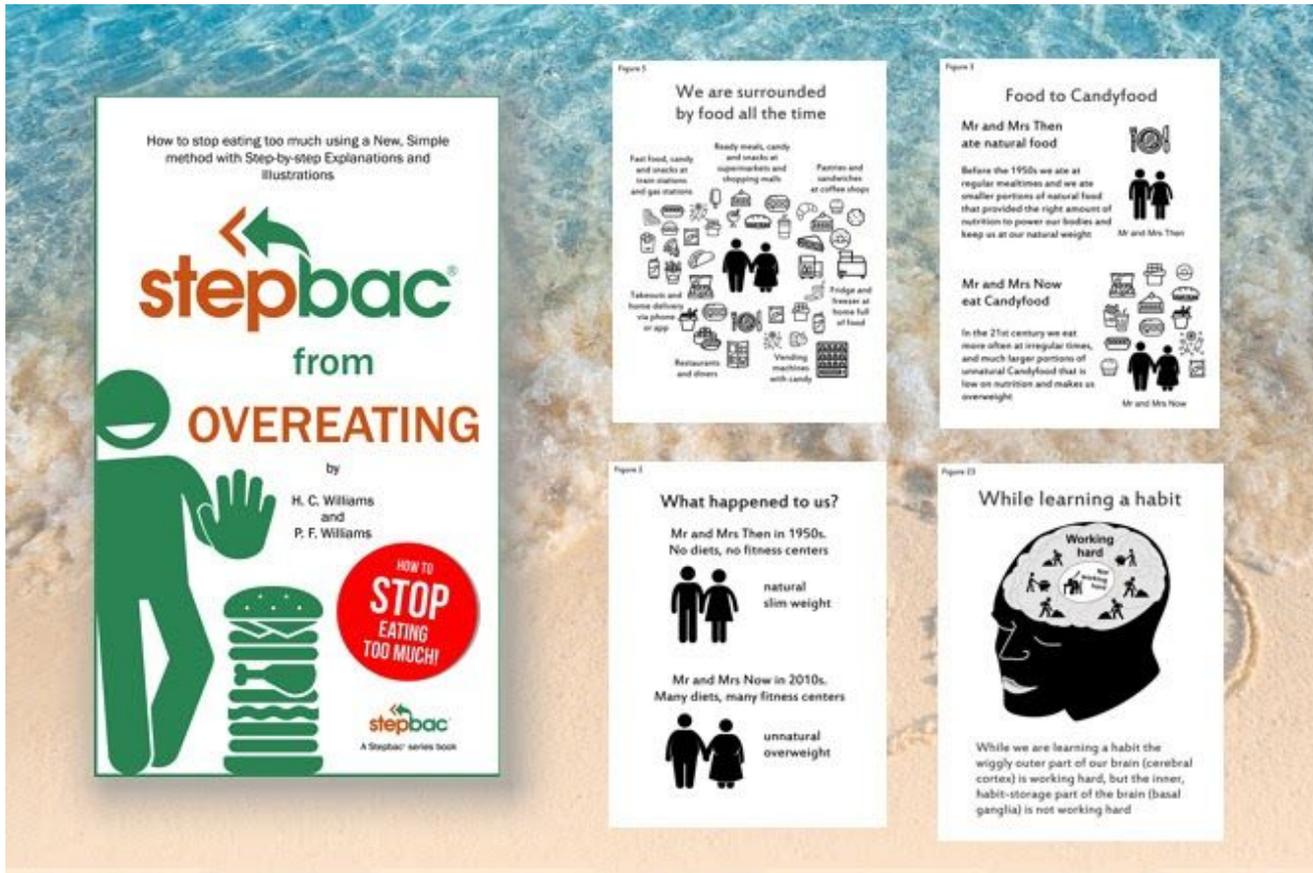
You’d think walking tour guides stuck indoors for 22 days would’ve put on weight, but Carl and Peter have both lost over **2kg/4lb** during the first 2 weeks of their Barcelona home confinement without any effort. They did this using their own **Stepbac method** for controlling natural eating habits and with only 15 minutes of exercise at home a day. They now want to help others by sharing their method.

“Stepbac from Overeating” is a completely free self-help book to **help stay at a healthy weight** during the coronavirus crisis. A healthy weight helps **keep the immune system strong**.

Please share this free offer to help as many as possible.

Thank you for reading and best wishes to you all and your family and friends. More details below.

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Summary of Press Release

- Carl and Peter Williams are semi-British walking tour guides in Barcelona and brothers. To help people in stay-at-home confinement to keep their weight down, they are giving away their book "Stepbac from Overeating" free in the ebook edition - and at cost price in the paperback edition.
- Maintaining a healthy weight is essential to a strong immune system which helps to fight the coronavirus disease. So, if you are stuck in home confinement with a bursting fridge and a weakening willpower, then this book might help you.
- Throughout the coronavirus crisis, anyone can download a complete and free copy of the 214 page book called "Stepbac from Overeating" which is an easy-reader ebook with 47 diagrams that teaches a simple way how not to overeat or binge eat during home confinement.
- The book can be downloaded free on stepbac.com/download (no account required) on [Amazon Kindle](https://www.amazon.com) (in US with account required) or on [barnesandnoble.com](https://www.barnesandnoble.com) (account required). It can be read on smartphones, tablets or iPads by downloading a free ereader app for smartphones, tablets or iPads - or using free ereader apps like Kobo.



Press release

The book “Stepbac from Overeating” was published in 2018 by 2 semi-British walking tour guides and brothers called Carl and Peter Williams. who live and work in Barcelona, Spain.

“Stepbac from Overeating” explains what makes people overeat in plain and clear language and in a mixture of common sense and common science with 47 clear illustrations. Then it suggests a simple and natural way to take a “Stepbac” to change overeating habits and cravings and take back control of one’s natural weight.

Carl and Peter Williams want to help fight the “spread of Corona-waistline” and hope to give away 1 million free copies of this book in an Ereader or Kindle version to help people keep their weight down during the stay-at-home period.

A healthy weight also helps fight the coronavirus by strengthening the body’s immune system in general (according to [Harvard Medical School](#) with whom we are not affiliated with in any way.)

Carl and Peter Williams have also lowered the price of the paperback edition on Amazon to cost price. From next week they hope to offer free Q&A group support sessions on YouTube.

What’s their story and why are they doing this?

During their tour guide career in Barcelona, which began in 2012, Carl and Peter developed their own method to take a “step back” from overeating habits. The method worked so well that the weight dropped off which inspired them to write a book about it in 2018 using Stepbac as their brand name. Carl and Pete now want to give their digital ebook edition of their “Stepbac from Overeating” book completely free to everyone in Covid-19 stay-at-home confinement.

Carl says:

“Even though we walked a lot as tour guides, like many others in our mid-fifties, we were carrying a few excess pounds from bad eating and snacking habits. After we developed Stepbac and our weight dropped off dramatically, we wrote a book about it - and people loved it.

The idea is that you take a “Stepbac” from overshopping for unhealthy food, which we call “Candyfood”, and from overeating too big portions and too many snacks. We researched the food industry, and were amazed to find out that many overeating habits are caused by the excessive amounts of sugar in food - and that overeating habits are encouraged by food makers. Basically, we’re being tricked into overeating”

Peter goes on to say:

“In the book we explain all how the food companies are actively tricking people into eating too much every day by creating unnatural eating behavior. When you know how you are being tricked into unnatural eating when the body doesn’t need to eat and when you’re not naturally hungry, then it’s easy to make a new habit of taking a small “Stepbac” to “un-trick” yourself.” When you only eat what your body needs, then you will slowly but surely drop down to a natural body weight and healthy BMI, which is good for a strong immune system.”

Peter says:

“The system definitely worked for us during our first 3 weeks of lockdown in Spain. We’ve been doing around 15 minutes of exercise a day, which is a bit less what we normally do, but we both lost over 2kg / 4lb - without really noticing or trying. We have a little more food than usual in the fridge, but we kept our regular Stepbac eating habits. So we’re pretty happy that the Stepbac method works for us even with a fuller fridge than usual - and less exercise.”

Download free ebook edition “Stepbac from Overeating”

www.stepbac.com/download (free and no account required)

[Amazon USA](#) (free but requires Amazon Account. (Other Amazon regions are not free but at lowest possible price

[Barnes and Noble](#) (free but requires B&N account)

Paperback edition

If you prefer the paperback edition of “Stepbac from Overeating” then you can order that at cost price from Amazon

Useful links

www.stepbac.com

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