

# “If Guilt and Shame were motivational.... we would all be healthier.”

Scott “Q” Marcus  
THINSpirational Speaker and Recovering Perfectionist

Scott “Q” Marcus is not only a dynamic and humorous weight loss expert, but is also a highly-acclaimed author and consultant. His programs have been described as “a cross between *Nutrition 101*, *Group Therapy*, and a *Southern Revival*.”

Having lost and gained 2,327 pounds in his lifetime (if you add up all the weight he has lost and gained since childhood), Scott understands that “*slower is quicker than never*.” After experiencing chest pains, backaches, financial ruin, and a failing marriage, he decided to take control of his life - one more time - and lost 70 pounds over the next 364 days, which he has maintained (most of the time) over two decades.

## Scott “Q” Marcus “THINSpirational Motivator”

Scott is an expert in weight loss and habit change and has worked with thousands of people to reach their own wellness goals based on changing their thoughts, feelings and beliefs about what they truly are capable of accomplishing.

His programs are fun, funny, interactive, inspiring - and most importantly - **THEY GET IMMEDIATE RESULTS**. Scott’s extensive marketing background and uniquely developed concepts, *Think 1st* and the *I Promise Card*, will increase attendance and **create a positive, more productive change at your next event**.

## Book Scott “Q” Marcus TODAY!

(707) 442-6243  
2521 E Street • Eureka, CA 95501  
ScottQ@ThisTimeMeanIt.com

Author of  
*Striving for Imprefection*  
Book Series

Creator of  
[www.21DayHabitChange.com](http://www.21DayHabitChange.com)



“

Scott Marcus was witty, insightful and kept us laughing, while at the same time providing helpful information that we were able to take home with us for use in our daily lives.”

Joanne M. Kwasniewski  
Past President  
Municipal Clerks Association, NJ

“Scott brought life and laughter to our convention and won over even the hardest of skeptics.”

Kelly Paliaro  
President  
Louisiana Notary Association

“The whole room ‘clicked’ in their response to him. This was exactly what the doctor ordered.”

June Sprout  
Superintendent  
Cascade Public Schools

“Incredibly down to earth, hilarious, enthusiastic, relevant (on all levels). Interactive and fabulous...perfect...a life changing experience!”

Katie Cameron  
Pacific Diversified Insurance



**ThisTimeMeanIt**  
.com  
Getting Past What Holds You Back



MEMBER  
**NSA**  
NATIONAL SPEAKERS ASSOCIATION

# Credentials

- Weight Loss Expert and Health Consultant
- Syndicated Newspaper Columnist since 2004
- Marketing Expert - Northern California Small Business Development Center
- DJ & Radio Talk Show Host
- TV Station Manager
- Winner of two international "Telly" Awards for TV Commercial Creativity
- Degree from UCLA in Psychology



# Presentation Topics

KEYNOTE • WORKSHOPS • SEMINARS

- This Time I Mean It! *(A Motivational, Lively, Humorous Keynote)*
- Oops! I Didn't Mean It To Turn Out That Way! *(Communication and Handling Difficult People)*
- Striving For Imperfection *(Attitude, Productivity, Goal Setting)*
- What's In It For Me? *(Handling Change, Improving Morale, Enhancing Attitude)*
- From the WAS to the WILL BE *(Four Steps of Personal Transformation)*
- What's Eating You? And Why Are You Eating it Back *(Inspiration, Habit Change, Weight Loss)*



## A Small Sampling of Satisfied Clients

- Weight Watchers International
- St. Joseph Healthcare Systems
- International Institute of Municipal Clerks
- American Business Women's Association
- Citrus Valley Healthcare Group
- Sun Healthcare Group
- Integrated Wellness Center
- Take Off Pounds Sensibly (TOPS)
- Small Business Development Center

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