

Robert Custer:
a brief biography

Gotta be a pony in here somewhere!

Worried that their son was too optimistic, the parents took their little boy to a psychiatrist. The psychiatrist showed the boy a room piled high with nothing but horse manure. Instead of displaying distaste, the little boy climbed to the top of the pile and started digging with both hands.

“What in the world are you doing?” the psychiatrist asked.

“With all this manure,” the little boy smiled, “there’s gotta be a pony in

Finding the Pony



After twenty highly active and successful years in the world of health, fitness, nutrition and wellness, Robert Custer is more passionate than ever about fitness and healthy living, and is constantly seeking out new ways to help others achieve the greatness they aspire to.

Robert is a New Age renaissance man who blends personal fitness with a positive approach to life. He has traveled the world on 11 different mission trips (Honduras, Costa Rica, Nicaragua, Belize, Panama, Nevis, Mexico and Nigeria), climbed Mount Rainier twice, won fitness challenges, and participated in annual motorcycle trips around the country on his Harley. He is obsessive, passionate, and something of a perfectionist. His motto: “You’ve only got one life, make it great!”

Robert is also a AMFPT Certified Fitness Trainer, a nationally recognized motivational speaker, a counselor, Life Coach, and was pastor of the Norman church he founded for 10 years. Among his many faces are teacher, talk show host, missionary, writer, and technocrat. A 1988 graduate of OSU, he has been passionate about fitness as long as he can remember. From business executives and athletes, to families and youth, Robert is well-known for his public speaking, counseling, and the ability to inspire and motivate people.

His goal is to fuel your Spirit, Mind and Body. His method is to help you make small changes in those three areas every day to uncover the alternate reality of an entirely new life.

His everpresent invitation: “Join me in making the most of this amazing journey called Life!”

The Hidden Pony

**Finding
the Pony:**

*How to put stress
in its place and get
on with your life*



Gotta be a pony in here somewhere!

Tel: 555 555 5555

Wow! That's a relief!



Robert Custer

One of the most common sources of illness and unhappiness, especially in these uncertain times, is our old enemy — stress

in all its forms, from an immediate reaction to a specific situation to a more generalized problem we know as “floating anxiety.”

Can you cut it out of your life? Get rid of stress entirely? Not if you're a human being. So what you must do is recognize it, understand it, and learn how to deal with it so it doesn't dominate your life. Is that possible?

From his experience as a Fitness Enthusiast and Trainer, Robert knows anyone can see incredible results in any area of their life in a relatively short period of time if they are prepared to get a little uncomfortable, see old things in a new way, and open their mind and heart to a different way of thinking and being. In other words, if you want to make a positive change in your life badly enough, you can.

Because it's hard to trust the future in these unsettled time, it's even harder to stay motivated in our daily activities. When we lose faith, we lose focus. When we lose direction we lose our way. The result is stress.

How do you deal with it so you can lead a normal, happy life? That's where Robert comes in.

How do you get it?

Call Robert Custer. Robert, a nationally respected motivationalist, founder and pastor for 10 years of Lifetime Church, host of national television shows, and as a personal and corporate Life Coach, has spent his life helping others revitalize their spirit, mind, and body so they can live a fuller, more rewarding life.



This is a powerful, personal, empowering, uplifting, and entertaining message that you will feel is directed to you personally.

There *is* a pony in there.

There *is* a pony under all the stuff that's going on today. And the best — maybe the *only* — way to find it is by re-developing a winning attitude. That takes faith, which Hebrews 11:1 calls “the substance of things hoped for, the evidence of things not seen.”

Finding that faith takes a dynamic someone who can lift your spirits, and help you believe in the good buried under all the bad news you see every day — someone who can re-motivate you by rebuilding your belief in yourself and in your future.

That someone is Robert Custer.

Get started today!

Call 000.000.0000 to see Robert in action on a real-life CD, or to set up a time and date when you can talk to Robert about revitalizing your life and the lives of the members of your group or organization, and how he can help you live a better, longer, more productive, and happier stress-free life.

www.hiddenpony.com

www.betterfitnessdaily.com

www.superfoodsamerica.com

www.rcuster.com

The Hidden Pony

P.O. Box
720788
Norman, OK 73070

405-7407004