

INSIDE OUT

NLP AND HYPNOSIS FOR WEIGHT LOSS



LOUISE DORRIAN

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WEIGHT LOSS

by

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Weight loss get early >>>>

Introduction

Welcome to a transformational approach to weight loss. It's simple really - the reason you have tried to lose weight before and not been successful is because you have been doing it the wrong way! Losing weight successfully is about changing your relationship with food, learning to appreciate yourself, doing the best for yourself and creating a healthier future.

Eating plans, diets, weight loss clubs, counting calories or points, slimming pills and meal replacements are all things you do from the outside when the issue lies on the *inside*. I fully advocate healthy eating and exercise but unless you have tackled the reasons why you are overweight in the first place and what is keeping you overweight, then you are wasting your time, effort and probably a lot of money as well on the 'external' stuff.

You might have also noticed that engaging in all the 'external' stuff you are handing over control to something or someone else - the 'diets', the weight loss club leader, the scientists who develop the pills etc. and putting your faith and hope in them. You will most probably have felt let down by them too (or blame them for your failure) but at the same time knowing deep down inside that it's no-one else's responsibility but your own. 'Inside -Out' puts you back in charge in a way that means you can easily control your relationship with food and the associated behaviours and feelings. That way, you lose weight and keep it off permanently.

So, by engaging in and following the Inside-Out Weight Loss approach you will **lose as much weight as you want** as a result of taking control, resolving the issues that make you over eat, enjoying the responsibility and freedom in creating the lifestyle you want, and strange as it may seem to you at the moment - you will learn to really *love food*.

Some of the slimmest, healthiest people I know have a passion for food and enjoy cooking, eating out and socialising around food. So you can let go of that perception right now that to be slim you have to deny yourself tasty food and eat only tiny portions - it's just not true.

Inside-Out Weight Loss works by changing the way your mind works. That might sound a bit dramatic but if you think about anyone who had turned their life around, perhaps by over coming a disability, conquering a fear or achieving something no-one considered possible, you will come to the conclusion that the biggest change these people made was in their head. How they thought, which changed how they felt, which resulted in their changed behaviour. And ALL changes to long-term behaviour are made unconsciously through 're-programming' your unconscious mind. Deciding consciously to only eat calorie restricted ready meals every night for dinner won't work for weight loss long term because your relationship with food will not have changed unconsciously. That's not to say that certain types of behaviour won't *contribute* to your weight loss - I'm presuming that you consciously decided to pick up this book and read it and that you will consciously decide to listen to the recordings that accompany it. Some of the 'actions' and suggestions in the book require you to consciously monitor what and how you eat or to consciously plan activity into your day. The underlying thoughts and patterns that enable you to *sustain* this control and patterns of behaviour are however made at an unconscious level. The changes that result in long term behavioural shifts happen unconsciously by 're-programming' the way you think. We are only able to hold 7 (plus or minus 2) items in our minds consciously - everything else is unconscious. Which is probably just as well or else it would take forever to do anything and can you imagine giving *everything* your full attention all the time? It would be exhausting and confusing! Inside-Out Weight Loss shows you how and guides you towards making changes in your unconscious

mind so that your behaviour changes without you even having to think about it consciously.

Incorporating NLP (Neuro-Linguistic Programming) and Hypnotherapy, Inside-Out Weight Loss is an effective, safe and easy way to lose weight. You can find out more about NLP and Hypnotherapy in the Appendix.

Structure

This book takes you through a program of actions to firstly resolve compulsive and habitual dependence on food and other psychological drivers to over eat, and then it focuses on making healthy choices and allowing activity into your lifestyle. Each of the 3 parts is supported by a hypnotic recording on the Inside-Out website and you will be directed on how to access these recordings at the appropriate section in the book.

‘On the Inside’, ‘Taking Control’ and ‘Making it Last’ form part one and this guides you gently through the process of making behavioural changes that will last for a lifetime. We start on the inside resolving issues that you might not even be aware of but that impact on your behaviour and what you choose to eat on a daily basis. When people are happy, contented and in control of their behaviour they don’t over-eat. People that over-eat do so because it fulfils some other purpose than to alleviate physical hunger.

We then move on to what I call getting you ‘comfortably in control’ of your eating habits. Even after resolving issues that made you over-eat in the first place, your body and mind is so used to you eating for other reasons that it needs to be ‘re-programmed’ to what is essentially the normal pattern of behaviour. You will become more tuned into the ‘act of eating’.

We will look at *how* you are approaching the whole change to your outlook, habits and routines. We are creating a future that includes you at your ideal weight so this stage will ensure that you have the

best possible foundations to build on. Making the changes on the inside that allow you to replace unhelpful attitudes and thoughts with positive, powerful ones, makes it possible to succeed in what you never considered to be achievable.

Part 2 supports you in making healthy, balanced food choices for a healthy lifestyle, to complement the changes you have already made. You probably want to imagine that when you are slim you are also healthy and full of energy so you can really enjoy becoming the you that you always dreamed of - therefore what you eat is important. Like I said in the introduction this program is about letting *you* enjoy the responsibility and control of making the changes and decisions that will result in you losing weight and keeping it off forever. So there are no diets or meal plans, no one to tell you what you 'should' or 'shouldn't' eat. At this point you will already have made huge changes to how you think about food, and the habits you had around food. You will already be finding yourself making healthier choices and loving food for what it is: just that- 'food' - not an emotional crutch, friend, diversion or hobby.

Here, we are moving forward to recognising food as a source of nutrition to make you feel and look great. There is no jargon or boring, long winded explanation about the chemical or biological composition of food just a common sense guide to balancing what you eat to gain maximum nutritional value from it. You will also learn how to deal with the cravings we all get from time to time!

The third and final part coaches you to integrate more activity into your life - supporting the healthy lifestyle you are already adopting. Everyone knows that keeping active is vital to good health. There are plenty of thin people out there who aren't fit and you can usually tell just by looking at them - they don't look good! The thin people that look good, feel good and have loads of energy are the ones who have

exercise as part of their normal routine along with healthy eating habits. Here the program will guide you to keep active and make it a part of *your* routine, give you the motivation to get on with it and make it something you really enjoy doing.

How to control your health with diet plan >>>>

How Inside-Out Weight Loss Works

To begin with it's useful to understand why what you have done in the past to lose weight didn't work, or didn't work for long.

The universally accepted formula for losing weight is:

Energy in (i.e. calories from food and drink) < Energy out.

I am sure that if you have tried to lose weight before or have any idea about how your body works then you will agree with that formula. This is absolutely correct - I agree with it too! However, that would be the answer if we were working with laboratory rats, but if you are reading this I am quite sure that you are most likely human. Diets, meal plans and meal replacements follow this formula but also give rise to another (completely unscientific) equation of my own:

Purposely restricting energy in = irritability, misery, hunger and obsession with food.

Have you ever wondered why some humans struggle to control their weight yet you never see a wild animal that is overweight? The only animals that you will see that are overweight are the ones that have been over fed by the humans that feed them. The reason is that animals eat for one reason only - to live. They take in enough energy to balance with the energy they need to live. This is also true for human babies - you won't remember consciously but when you were a baby you demanded food when you were hungry and stopped when your hunger was satisfied.

The problems start when we humans start to develop a 'relationship' with food. Food is no longer just about our instinct to survive, it starts to hold so many more meanings and purposes for us. In terms of what food means - it can be highly symbolic, for example in some cultures, being used as offerings to gods, in religious festivals, celebrations, to show wealth or generosity, to show love, friendship

or compassion. Withholding food can be used to demonstrate power, to punish or show displeasure. It therefore follows that how we receive food will also carry meaning - what, how, when and how much we eat can be taken to show respect/disrespect, trust, love, conformity and obedience.

This 'relationship' starts to sound very complex and tricky to manage, but when you add in the psychological attachment and habitual dependence on food as well it seems like a nightmare!

Just like all the things you do often enough, your eating habits become ingrained in your unconscious mind. And like other unconscious behaviours they are very difficult to change consciously - just try to consciously 'unlearn' to ride a bike or tie your shoe laces!

Your complex behaviours around food need to be tackled at an unconscious level to have any lasting impact on your relationship with it.

So why would the diet industry treat us like animals and ignore our complex relationship with food as *the most significant* reason people become overweight?

Well, firstly, because the diet industry makes millions of pounds and dollars from people who are compulsive dieters who fail and come back time and time again to buy their products, and secondly because they don't understand how our conscious and unconscious minds work together to form our eating behaviours.

Luckily, I *do* understand that what lies in your unconscious mind forms the basis of an unhelpful relationship with food. By tackling the issues at an unconscious level to complement what you do consciously, losing weight will become a natural, easy and rewarding process of change.

So you can stop wasting your time and money on diets that make you feel miserable, remove any enjoyment from food and leave you feeling hungry. You can embark on a process of almost effortless

change that will mean you rapidly reach your ideal weight and start living a healthy lifestyle.

Inside-Out Weight Loss works by firstly giving you the tools that allow you to become aware of your eating habits. You will be able to identify compulsive eating patterns and habitual behaviour and become more in control of why you eat. You will distinguish between emotional and physical hunger and break the unconscious connection that drives you to over-eat. You will further change your relationship with food by 're-programming' your eating habits and reaching a comfortable level of control. This level of awareness and control is achieved through a combination of conscious and unconscious change. Consciously you will use some simple techniques and tools to learn new ways of relating to food. By listening to the recordings regularly you will make significant changes at an unconscious level - without even realising it.

I am guessing that the way you currently relate to food and the part it plays in your life is something quite central to you and your lifestyle. Most overweight people have an overwhelming connection to food that features prominently in their waking hours. Changing that will obviously mean changes to lifestyle, thoughts, feelings, relationships with others and daily routines. It is therefore really important that how you approach your weight loss transformation complements and supports your future outcomes. To 'make it last' you will gain techniques to create the lifestyle you want and deal with the challenges on the way.

Each part of the book gives you 'Actions' to complete, there are 16 in total. Read the Actions through first a couple of times as some of them require you to have your eyes closed so it's best to be clear on what you are doing first. Carrying out all of the Actions will result in you changing your relationship with food forever and reaching your ideal weight, so be sure to do them all and listen to the recordings when you are directed to do so.

It's great that you have decided that now is the time to finally lose the weight you want to and gain the healthy, slim enjoyable lifestyle you always thought out of your reach. By adopting the Inside-Out Weight Loss approach you WILL succeed. You can take as much time as you need to go through the exercises and listen to the recordings. Some people complete the book and actions in just a few weeks, and you will start noticing changes from week one.

Case Study

Farquhar, a project manager in the construction industry struggled with his weight for many years and despite joining weight loss clubs and dieting still couldn't lose the weight that was beginning to seriously affect his health. This is what he says: *"The Inside-Out Weight Loss program has changed my whole outlook on and attitude towards food. I no longer feel the need to eat to a schedule or eat all the food on my plate. I am quite happy eating smaller portions and eating only when I am hungry. The program has given me a more positive mental attitude and I feel a lot more confident about myself, my body and the way I look.*

I find that listening to the audio recordings last thing at night is extremely relaxing and helps me get a full nights restful sleep, but listening to the recording in the morning, before I go to work, I feel invigorated and confident for the rest of the day.

Over a four week period, which covered 2 weeks family holiday, summer barbecues and a week of extended working hours I was able to lose 8lbs with very little effort on my behalf.

The program is simple to follow and the techniques are easy to apply during your day. I felt the benefits within the first few days and am now showing the benefits after just a few weeks.

For me the program works not only for weight loss but for an overall improvement of personal attitude and confidence".

Part One

On The Inside

In this section:

- Food-Mood Diary
- Emotional and Habitual Eating
- Your Inner Voice
- New Strategy Generator
- Focused Thinking and Hypnosis

We'll start by dealing with the reasons behind why you over-eat and struggle to lose weight. When you become aware of situations, habits and compulsions that lead to over-eating you can start to make changes to alter those behaviours forever.

As with any process of change it's a really good idea to keep a record of your progress along with any concerns, achievements and general observations. Writing things down helps to rationalise thoughts and provides a visual record of just how well you are doing! Therefore I recommend that you keep an 'Inside-Out' journal and note down your thoughts, progress and challenges daily. In conjunction with this and to track and become aware of your eating patterns you are also going to complete a 'food-mood' diary:

Your Food-Mood Diary

Action! 1: Food-Mood Diary

For the next few weeks complete a 'Food-Mood' diary in your journal. This should look something like the table on the next page - which you can recreate in your journal or keep a copy on your computer. A downloadable copy is available on the website: www.inside-outweightloss.com/resources-and-downloads

Be honest about what you record in your Food-Mood diary - no one else needs to see it so you may as well put down *everything* that you eat and be interested to see if a pattern emerges.

As you get used to stopping and thinking about how you feel when you eat something you will start to notice that some of your 'hunger' is not physical but emotional or habitual.

Food/Mood Diary

Date:	Food/Drink	Mood (what were you feeling like at the time e.g. angry, upset, happy, bored, stressed etc, or neutral)
Breakfast time		
Morning		
Lunch time		
Afternoon		
Dinner time		
Evening		

Emotional and habitual eating

Over time you may have become conditioned to eat when you feel sad, angry, depressed or hurt. It's not necessary to examine the personal historical reason for this but it may have been connected to a stimulus/response situation such as food being given when you were upset as a child. As a result you may have started to view food as a comfort - something to 'take the pain away'. Perhaps you have used food as a diversion from other issues in your life, it makes you feel better while you are eating it, but you feel worse when you stop and realise how much you have eaten - so you eat more to feel better again. It's a horrible vicious circle. Often you will look for the temporary 'high' that comes from sugary foods - which will boost your blood sugar levels making you feel better but then your blood sugar levels will crash very quickly afterwards making you feel even worse.

Our brains are wired to maintain a level of endorphins that makes us feel good. When these levels are depleted because of stress or anxiety we often crave something that will give us a 'boost' (literally something that will boost our endorphin levels). A really quick way to do this is to eat something fatty or sugary - but of course we know that isn't good for us so we experience a short relief from the unpleasant feelings inside but know we are doing ourselves harm in the long term - and this makes us feel bad again!

Another behaviour that may emerge from your Food-Mood diary is 'habitual' compulsive eating. This is where you feel the compulsion to eat because perhaps you are bored or because you always eat when you watch TV or go to the cinema for example. Other eating behaviours which fall into this category are - finishing off your children's leftovers, finishing all the food on your plate, eating whatever is given to you in case you offend your host, always having a biscuit or cake with a cup of tea or coffee. These are habits and simply becoming more aware of them by recording them in your

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