

Weight
Loss Made
Fast And
Simple

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Whats Up With Self Sabotage?

Does this sound familiar?

How many times have we started a new diet with the very best of intentions? We know we picked a good program, we're excited, we've stocked up on the essentials. We might even manage to do well for a few days.

Then the shoe falls. Our resolve wanders. We almost look for an

excuse to cheat. You ask yourself, Why?

You know full well that 14 strong days as free of temptation as possible will garner you the best chance of weight loss success.

Good plan! So, what do you instead? You make a date to meet your pals at the local hangout, you know, the one with the free Happy Hour buffet and 25 cent; beers. You rationalize you, deserve it. You convince yourself that your friends will bolster you with. Lastly, you promise yourself to stick to 1, okay 2 max, Michelob Lights.

Yeah that was the promise, but it

didn't quite turn out that way. Yet again.

It's not like we need to someone to hold our hand into temptation! It surely doesn't help that there's a McDonalds, Burger King and/or Pizza Hut on every corner. Calling at us like an epic siren, we turn into the drive thru like Pavlov's dogs. Our low carb brain tells us to order a bunless cheeseburger or grilled chicken salad, meanwhile we splurt out Big Mac and Diet Coke. Of course Diet Coke! Hey, we're on a diet!

Why do we do it? Why do we set ourselves up? Seemingly, almost on purpose?

Personally, I think it's akin to the emotional reasons we eat, whether we're actually hungry or not. The next time you're standing in front of the fridge, door swung wide open, staring in a blank trance as if some magical 0 cal 0 carb delicious delight will suddenly appear. Take comfort in knowing that your dieting sisters and brothers are joining you world over.

Self examination is the key. What's going on inside your brain? What are we furiously trying to bury under the wrong foods and poor choices? What on earth are we afraid of? Worried that we can't blame personal failures on our fat

anymore? Scared about sudden attention and flirting from the opposite sex?

Zillions of books have been written on the subject and I'm far from an expert, but I have spent the better portion of my adult life pondering this puzzle. Therapy is probably the most obvious answer, but we don't have time and I'm certainly unqualified! Behavior modification techniques would be beneficial, as are online support groups.

For my buck, the most bang is journaling. Yes, men, even you. You've heard confession is good for the soul. Well, it's absolutely true.

For now, committing feelings and insecurities, whether to paper or bandwidth, can help.

Go ahead, discover yourself.

What You Need To Know About Weight Loss

You may not realize it, but there is a certain psychology at work in successful weight loss. It is no surprise, then, that the magazine *Psychology Today* has explored the issue in-depth. In October of 2004, the magazine posted an article on its website detailing the experiences of Diane Berry, a nurse practitioner who studied women who had shed at least 15 pounds

and had maintained their weight loss for an average of seven years.

The women shared some important things in common. For instance, they all achieved their weight loss through either Weight Watchers or TOPS, which meant that they had a firm support network as they tried to maintain their weight. The group meetings were highly important, because they learned to recognize that they were certainly not alone in their struggles with weight. The women were also quite unusual because up to 90 percent of individuals who have lost weight end up putting it back on within five years.

Another common trait of these women is that they appeared to undergo a profound mood shift as they made the transition from fat to thin. From all indications, they appeared to be depressed when they were heavy but, as they attempted to lose weight, their mood brightened.

For these women, healthy eating became a habit—a habit they refused to break. They themselves recognized the tremendous role that psychology plays in weight loss. They refused to give in to negative feelings of frustration and denial and chose a positive path instead. The women also made it a point to weigh themselves regularly

so that they could chart their progress.

And they recognized that maintaining weight loss would be a lifetime struggle. They knew that they could not attempt a weight loss program then put it back on the shelf. They had to learn new eating patterns that they could continue week in and week out. In some cases, they likened their struggle to that of an alcoholic. In other words, they recognized the gravity of their problem and took steps to correct the situation.

Perhaps the most interesting aspect of these women's experiences was the fact that their weight loss

actually came in spurts. At times, they regained their weight, but they did not let that deter them from their final goal. They simply viewed their setbacks as challenges that they needed to overcome. This may be the key psychological trait that separates successful dieters from unsuccessful ones—perseverance. In essence, these women were able to change their personalities in a positive way in order to achieve their long-term weight loss goals.

Another interesting aspect of this study was that it showed that the women who had undergone weight loss transformation were genuinely happy. This shows the tremendous

psychological impact that weight loss can have on an individual. Once an individual is free from the burden of extra weight, he or she is better able to meet the challenges of life head-on. The dieter benefits from positive reinforcement, as relatives, friends, and co-workers congratulate him or her for the weight loss. In this way, losing weight can be quite a life-affirming experience and can lead to a more optimistic outlook on life.

It must be noted here that the psychology of weight loss is a complicated matter. There is no single ingredient that can turn a fat person into a thin one. However, recognizing that there is a

psychological component to successful weight loss may, in fact, be half the battle. Once an individual recognizes that he or she is engaged in a psychological fight, he or she is better able to do battle. By retraining oneself to seek healthy approaches to diet, one can, in effect, mold oneself into a new individual—one that no longer lives to eat, but simply eats to live.

Weight Loss Tips

Are you looking to lose weight to improve your appearance, your health, or even both? If you are, you may be looking for advice. The good news is that there are a number of tips that you can use to help you successfully lose weight and hopefully achieve your weight loss goal.

When it comes to losing weight, the best thing that you can do is eat healthy. Eating healthy involves

watching the foods that you eat, not necessarily how much food you eat. Of course, you may want to restrict the amount of foods that you eat, when on a diet, but it is more important to focus on the foods that you do eat. For instance, if you were to eat fruit instead of chips, you could have more fruit snacks with your meals than you would be able to if you were just to eat junk food.

Since eating healthy is an important component of losing weight, you may be wondering how you can go about doing so. One of the first things that you should do is find and familiarize yourself with healthy meals. You can do this by way of

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