

Pick Up Your Pen and Lose Weight!

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By Patti Testerman

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Although every dieter knows that keeping food records is a key to permanent weight loss, few understand the importance of also keeping an "emotional journal." In fact, one dieter lost 100 pounds, thanks in part to the insights gained through daily journaling.

Dieting for weight loss can be as simple as keeping that food diary, or (the more challenging) dipping into the dark waters of the psyche. For example, which emotions motivate, sabotage, side-track, or inspire? Which people are supportive, which ones undermine your focus with snide remarks or constant invitations to ice cream? All will be revealed inside your private journal.

Of all the journal exercises for gaining insight, a favorite is the "Letter to My Body." In this exercise, the dieter actually pens a letter to self, being as honest as possible. A sample might be "Dear Fat Body, I hate you, I hate you, I hate you. I hate your rolls of fat on me, I hate that my knees hurt, I hate that you'd rather have a Danish than let me feel good about myself. I hate that you've been good all day and I know that tonight you'll be a pig."

What does that type of letter accomplish? For many—instead of adding to an already huge portion of self-loathing—it provides a powerful way of recognizing and reversing trigger situations. In this example, when nighttime does come and the journaler heads for the pint of Ben and Jerry's, there's a good chance the letter will be remembered. And, an even better chance that instead of eating a pint, some or none will be chosen.

Journaling to lose weight also involves writing about how your food choices will make you feel tomorrow when you get on the scale, or when you sit down to journal again. And, as you write these letters to self, you'll quickly begin to connect the dots, and track the ways in which everyday life impacts your food choices.

Keeping a journal will also help with weight loss because it's almost impossible to get to know yourself on a deep, intimate level and then continue with self-destructive behavior. Fortunately, we're just not made that way.

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So tonight, instead of settling in with a pizza and beer, take some time to write a letter to yourself and analyze what your hunger is really about. I guarantee you, it isn't food.

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Patti Testerman is content manager at JournalGenie.com, the only online site that analyzes your writing and then gives you instant feedback. Want to discover self-defeating patterns, or find better ways to communicate in a relationship? Check out our site.

"Trying" To Lose Weight? Don't!

By Mark Idzik

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Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

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What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look and feel.

The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients lose weight, feel better, overcome health challenges and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=try#tips>

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