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**Stop Telling Yourself It's Too Hard To Lose Weight**

**By Kathryn Martyn, M.NLP**

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Stop Telling Yourself it's Too Hard to Lose Weight

Telling yourself you have to "struggle with this weight issue for the rest of my life," is as good as telling yourself there's no point in trying. "Why bother? I'll just gain it right back. It's no use. I might as well eat more cake. Poor me. Life is hard. You know the drill. Life's a beach.

Stop the struggle by stopping the self talk that supports the struggle. You've heard it before – what you focus on is what you receive. No where is that more true than in believing it is a struggle to stay healthy. Who would want to be healthy if it's such a horrible struggle? Yet, you've probably seen people who are fit, healthy and happy? You might even know a few. They seem to bounce when they walk. They're animated, and excited about life, and no, if you asked them, they wouldn't say it's a struggle. "What do you mean," they'd ask? Struggle? Nah, I like it this way," and they'd mean it.

Forget the notion that you have to struggle and eat celery sticks for dinner. It's not true. Despite the fact that you've lost the weight before and gained it right back too, despite your belief that you can't even look at food without gaining weight. All of those thoughts are just

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more beliefs that are keeping you stuck. What you focus on becomes your reality.

### What if You Never Got Hungry?

I'm a prime example. I don't struggle. Some days I eat a lot. Some days not so much. Some days very little. Yesterday I ate my usual breakfast and then, strangely, I just didn't feel hungry all day. I felt different somehow. Not ill, but I just didn't want to eat. "What's up with this?," I thought to myself, but I decided to just ride it

out and see what happened. Well, I'm here to tell you that nothing happened. I lived to tell another story, see another day. Nothing fell from the sky and the world didn't stop spinning because I didn't eat much yesterday. It was just another day.

Today I ate a few handfuls of malted milk balls. No big deal to me, but I know many of you are thinking, "I'd never be able to eat just some, I'd have to eat them all," and that is my point. Telling yourself you can't eat "some," or as many as you want, but that you believe you'd be compelled to eat them all, no matter how many there were is a belief that is keeping you stuck. I don't believe that to be true, and so, for me it is not true.

### Changing a Fundamental Belief with EFT

How do you change a fundamental belief? You start with basic EFT using it for everything that comes up, even though it may not seem related. Every worry, fear, doubt, struggle. Use it on everything, and those issues that do make a difference in your eating will start dissolving away. Try it – what have you got to lose but some weight?

What's EFT? It's Emotional Freedom Training and it's taking the world by storm as an easy, self administered practice to help reduce or eliminate

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the emotional issues that keep us stuck. Free information available at [EmoFree.com](http://EmoFree.com). I added EFT to my toolkit as soon as I learned it because it's easy to learn, easy to use, and it's effective.

Remember those healthy folks I mentioned earlier? They don't view how they eat or how much they exercise as a struggle at all. They are active because they want to be active, and they eat foods that make them feel great. They probably eat a lot of the same things you eat too – I'm talking about everyday folks who have learned to feel good about themselves. None of them are perfect – despite the common belief that there is some "perfect" body, it's just not true. Everyone has a wrinkle here, extra skin there. Every single one of us is flawed in some way or another. It's what makes us unique.

Choose to focus on the benefits, rather than the sacrifice

Everything worthwhile takes effort – having a baby comes to mind. All mothers will likely agree that childbirth has its down side, but the ultimate reward makes it all worth it (yes, some women feel great while pregnant, but I wasn't one of them). Otherwise, everyone would be a single child. ;-) Think about it.

Becoming a professional musician or baseball player comes to many who played Little League and started practicing the piano when they were very small. Tiger Woods was only 3 or 4-years old when his father first taught him to hold a golf club. He also showed him videos of professional golfers when he sat in his high chair eating his dinner (his dad was a little odd, I'd say). Woods started playing golf at such a young age that he literally grew up playing the game. He wanted to play. His father undoubtedly drove him to work harder at it than most children would, but he had to have a strong drive of his own or he never would have made it. But what if he'd hit 6-year's old and suddenly said to himself, "I don't want to practice. I hate golf. I wanna play with my

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friends. I'll never be any good at his stupid game."

Maybe things would have turned out differently. The bottom line though is he did what he did because he wanted to (his parents obviously had a lot to do with it too), and the reward? Today he's considered the most gifted golfer of all time, and to what does he attribute his success? The practice and discipline of his mind. He learned from one of his primary coaches to harness the power of his mind – using NLP and hypnosis techniques (and likely he's since started to use EFT as well). Learn to use your mind to focus on the results you want – or conversely focus on avoiding what you do not want, and you'll win your prize, loving the process, instead of dreading it.

### How to Get Started

Starting from right now, go get a box of toothpicks or something similar. Match sticks

would work too, or marbles, or pencils, small rocks or twigs from the yard. Something small enough you can carry it with you. Whenever you catch yourself starting to say something negative like, "I don't want to ...", or, "I hate ...", or "I'm gonna strangle ..." Anything negative you catch yourself saying or beginning to say, whether towards yourself or someone else doesn't matter.

Start noticing how often you're feeding yourself negative energy. Then, apply the STOP technique as soon as you realize you are doing it, you yell (to yourself) STOP, and immediately replace what you were saying with something else. Here's what I mean:

"I hate having to wash the ... STOP ... it's nice getting a chance to stretch and bend while the car gets cleaned."

Yes, it's stiff and forced, at first. Anytime you attempt to change a behavior it will feel forced.

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Just allow yourself to learn to change your self talk, and that early discomfort with the process will pass. It will start to be fun to "catch" yourself. As soon as you start doing it, you'll realize how often you're been feeding yourself negativity, and you'll also see how easily you can change that habit.

Positive people tend to be happier people. I'm not suggesting you get a personality change, but I am suggesting, if you ultimately want to drop some weight and never see it again that you change your thinking from how much you'll have to struggle to how much better you're going to feel.

Kathryn Martyn, Master NLP Practitioner, author of the free e-book: *Changing Beliefs, Your First Step to Permanent WeightLoss*, and owner of <http://www.OneMoreBite-Weightloss.com> Get The Daily Bites: Inspirational Mini Lessons Using EFT and NLP for Ending the Struggle with Weight Loss. <http://www.onemorebite-weightloss.com/getnews.html>

### **"Trying" To Lose Weight? Don't!**

**By Mark Idzik**

#### **"Trying" To Lose Weight? Don't! by Mark Idzik**

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?

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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.

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.

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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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