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**The Number One Secret Of Successful Weight Loss**

**By Arina Nikitina**

The Number One Secret Of Successful Weight Loss

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There's one thing that most people forget about when it comes to weight loss. The truth is it's even more important than the right diet or effective exercise. It's motivation.

Weight loss is not easy and you need a real drive force to move you towards your goal.

Sit back, relax and think for a second. Do you really WANT to lose weight? Are you ready to change your lifestyle? Do you have enough motivation to lose weight?

To lose weight all you need is three things: desire, belief, and motivation. If you have all three I can guarantee you a success.

1. Desire: Do you really WANT to lose weight?

Are you sure your desire is strong enough? Are you ready for some changes? Are you willing to sacrifice? How committed you are to achieving your goal? Under what condition will you give up?

What if you wanted to lose weight so badly that you knew with absolute certainty that you would absolutely, positively never ever give up?

There's one little trick to help you intensify your desire. Take a piece of paper, and write down all the reasons why do you want to be slimmer. Write down all the benefits of being slim. Try to write down at least 15. The more reasons you'll find, the stronger your desire will get.

2. Belief: Do you BELIEVE in yourself?

If you don't believe you can reach your goal... you won't.

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You have to believe that you can do it. Can you picture yourself being slim? Do you have any doubts in your mind that you can achieve what you want?

There is nothing impossible in losing weight. Everyone can do that. And you are no exception.

3. Motivation: Are you MOTIVATED enough to follow your plan every day?

In order to achieve your goal you have to keep yourself motivated. There are three effective techniques that will help you to stay on track.

– Remember your reasons and benefits.

Take the list of benefits you wrote before. Read it. Read it every morning before you get up. Read it

whenever you need stimulation.

Think about your wish, stay connected with your goal. When you are able to keep your mind on success you will be virtually certain to reach that success.

– Visualize yourself being slim

Close your eyes and relax... Create a clear mental picture. Visualize yourself being slim. How it feels? Do you feel satisfied? Happy? How others look at you? What are they saying?

Try to make the picture as realistic as possible. When you continually see yourself in possession of your goal, your subconscious mind will move you into actions that align with the mental image you hold. Visualize your goal at every opportunity.

– Use affirmations

Affirmations are the words we say to ourselves. It is the simple repeating a positive phrase in front of the mirror, in the car, or writing it on paper.

First, develop a couple of affirmations that are the most motivational to you. For example, it can be something like:

"My body is strong and healthy." "I enjoy eating foods that are delicious and full of vitamins and minerals." "I love the burst of energy I get after exercising." "Every day, I am burning calories and getting closer to my weight goal." "My healthy lifestyle empowers me."

Then repeat it as often as you can. While driving, cooking, brushing your teeth... Say it loud, add emotions. Listen to your affirmation. Feel it.

The trick is not to force yourself, but listen to yourself.

## The Number One Secret Of Successful Weight Loss

Get motivated first and you won't have to struggle trying to make yourself exercise or keep away from that doughnut. Your desire will keep you committed to your goal.

Arina Nikitina is the owner of a Free-Weight-Loss-Zone.com website where you can find free weight loss guide, weight loss myths, and a collection of diet and fitness articles. Visit:

<http://www.free-weight-loss-zone.com>

### **Weight Loss Supplement**

**By Rolf Rasmusson**

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You also should be sure that the weight loss supplement is safe. Consult your doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to lose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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