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## Why Can't I Lose Weight?

By Adam Abraham

If you're reading this article you must have asked yourself that question many times: 'Why can't I

lose weight?' Well I hope this article gives you the answer's you're seeking and also motivates you do never give up until you've achieved what you want to achieve. Before we begin I want you to forget about everything you've read or done in the past about losing weight. Treat this as a new beginning.

Let me tell you a bit about myself. My name is Adam and I'm 26 years old. For the early years of my life into my teenage years I struggled to keep my weight under control. This made my years at school and college a living hell and my self-esteem dropped to zero. As for my social life it was non-existent and I became a recluse and only left the house if I had no other choice.

The lifestyle I was leading made the problem worse and now looking back it was a never-ending cycle. I would feel low and depressed so I would comfort eat which made me feel better for a bit and then when I felt low I would eat again and so on and so forth it continued.

Like many people who are not happy with their weight, I looked at all the different types of weight loss diets, pills and extreme measure's like surgery. But to be honest I couldn't see myself doing any of them, whether it was because I knew I wouldn't be able to stick to a diet or was scared of taking pills and surgery I don't know. I needed something easy that didn't seem like a chore and maybe even something I would enjoy doing.

Now, that's enough about my background. I want to talk about how I turned my life totally around from a lonely and fun less life to waking up every morning and looking forward to the day ahead.

The first thing I had to do was reprogram my mind. The power of the mind is totally amazing and you need to harness that power if you are ever to achieve your goals. In order to reprogram your mind you need to clear a few things up first.

1: You need to understand life is too short to care about how others perceive you. This way you won't try to lose weight in order to impress people and their irrelevant remarks won't dampen your spirits.

2. You need to find some motivation for losing weight. Having a goal always helps i.e. Do you want to

## Why Can't I Lose Weight?

participate in an event e.g. charity run, marathon etc, do you want to get ready for someone's wedding or just feel and look good.

3. I want you to close your eyes and imagine what you want yourself to look like. Imagine yourself walking down the street or in town on a beautiful sunny day as the new person you WILL become. Look how confident you are and how people are attracted to you. While doing this visualisation just take nice deep breaths. This little exercise, which only takes a minute or two worked absolutely brilliant for me and has to be tried to be appreciated. Best time to do this is in bed just before going to sleep. Now those 3 steps above are the crucial building blocks for our success, you can say the foundations of this amazing journey.

Now that your mind is ready you need to decide on how to tackle the next issue which is what routines are not helping you at this moment and what we need to incorporate to improve the situation. To do this you have to ask yourself some important questions and above all be honest.

First obvious question is 'why are you over weight?' this could be some kind of emotional issue, lack of exercise, bad diet or lifestyle etc. It is important that you pinpoint the exact cause, it may even be more than one thing. You need to write these down on a piece of paper, as they will need to be addressed one by one. To discuss emotional issues is a very sensitive subject and one that is unique to an individual. As I have no experience or training in that area it's one topic that I won't discuss in this article. The best advice I can give is that the issue will need to be resolved especially if it's a barrier between you and your goals and I would therefore encourage you to seek advice from trained professionals. My personal weight loss problem was due to a lack of exercise and bad diet that equals a very bad lifestyle. These issues are a lot easier to resolve. This leads me on to the next question.

Are you willing to change your lifestyle and how determined are you? I want you to imagine yourself continuing on the path you're on at the moment and imagine where you will be in one year's time from now if you continue this way. What do you see? Are you happy with yourself? If not what are you going to do about it? You need to seriously ask yourself these questions, write them down on a piece of paper and answer them honestly. This step alone will help you enormously.

Ok, by now you have reprogrammed your mind and removed all the past notions about weight loss. You have decided on a motivation for why you want to lose weight that will always encourage you to never give up. You have imagined how you want to look like and that's what you need to aim for in everything you do. Now let's look at what you need to do on a daily basis in terms of the physical aspects. My weight loss plan had 4 core essentials that I did everyday which were easy and can be followed by anyone. If all you do is just copy these 4 steps I can guarantee that in a couple of weeks you will see an enormous difference in yourself. Bear in mind the healthiest way to lose weight is by a few pounds (2-3) a week gradually.

Firstly, cut out all snacks. The major reason we put on weight is because all the snacks we eat between or as replacements for meals contain so many calories that we can't burn them off and so they turn to fat. This step is a lot easier than you think.

## Why Can't I Lose Weight?

Secondly, have three healthy meals a day. Have a breakfast, lunch and dinner. If you feel hungry in between these meals try eating some fruit or cereal. This step will not only help you lose weight but you will notice that you will have so much energy unlike before.

Thirdly, Exercise. When I say exercise I don't mean you have to go to the gym everyday or spend hours jogging. What you need to do is find at least half an hour each day when you can go for a brisk walk. This could be on your way to work or coming home from work. During your lunch break. Everyone can find half an hour a day for a walk if they really want to. Try walking at a pace that you can feel your heart beating this is the zone you need to be in. This will make you feel so fit and healthy after only a couple off weeks and you'll love and look forward to your walks.

Fourthly, most people won't tell you about this one. Make sure you don't eat before going to bed. The latest you want to eat is 2 hours before going to bed. If you could increase that time even more that would be better for you. The reason is that your body clock slows down near bedtime and any food you eat will not be broken down as much as during the day. This food is also not burnt off and just turns to fat. If you could have a walk after your last meal that would be even better for you.

There you go, that's how I turned my life around. Following the steps both mental and physical you will transform the way you look and feel in the weeks and months ahead.

As a final note always set yourself a weekly target and write it down. Try to improve on it week on week i.e. how many pounds do you want to lose this week, how far or how long do you want to walk etc. This will keep you focussed and ensure that you don't get bored and you will also be able to monitor your progress, which will give you encouragement. But above all NEVER give up, because you can achieve your dreams and goals and don't let anyone tell you that you can't.

For my report on 'How I Lost 28 Pounds & 3 Pants Sizes in ONLY 3 WEEKS' please visit my site at [www.Free-Weight-Loss.net](http://www.Free-Weight-Loss.net)

My name is Adam Abraham. I love writing and do so on a variety of topics that have influenced my life in the hope that I might help others. Please feel free to use my articles, as long as they are not altered in any way.

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

**By Mark Idzik**

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

Are you trying to lose weight?

## Why Can't I 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.

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".

## Why Can't I Lose Weight?

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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