

Why Do You Say You Want To Lose Weight?

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Why Do You Say You Want To Lose Weight?

By Yvonne Finn

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How many of your New Year's resolution start out with "I want to lose x amount of pounds" as if just saying it were some kind of magic mantra.

As if the weight would just fall off, in response to the spoken words!

Why do we not want to pay the price for anything? Gaining weight is not an overnight effect and it will NOT be reversed overnight.

The price for losing weight is choosing a proper diet plan and exercise routine.

And it takes discipline and, yes, WILLPOWER!

No matter what you do eat, you will always have to say "NO!" to something, sometime.

Choices, choices that's life!

Our society is becoming one of "it's not my fault" formerly known as "the devil made me do it". Well, let me tell you this, unless you have a physical/medical condition that makes it impossible to lose weight, it is your fault and your responsibility to lose those unwanted, unhealthy, unsightly and inconvenient pounds.

The sooner you start to accept this fact the better you will feel, both physically and emotionally.

One of the greatest confidence building tool in our lives, is when we set a goal and achieve it.

Some things in our lives are more under our control than others.

Losing weight is one of those things that are within our control.

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And while, not every diet is suitable for everyone, with the increasing plethora from which to choose, you should certainly be able to find one that fits your needs, lifestyle and personality.

So, without further excuses, let's get started taking the steps that will get "losing weight" crossed off next New Year's resolution list!

Yvonne offers some choices to help you gain your healthy weight. Visit her at: http://www.herbalhealthyskin.com./Weight_Loss_Center.html.html

"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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