

how to how to lose weight

Mastering Your Weight Loss Journey: A Comprehensive Guide

how to how to lose weight effectively is a multifaceted journey that requires a strategic and sustainable approach, far beyond quick fixes. This comprehensive guide delves into the core principles of successful weight management, offering actionable insights into nutrition, exercise, mindset, and lifestyle adjustments. We will explore the science behind calorie deficits, the importance of macronutrient balance, and the role of various physical activities in boosting metabolism and burning fat. Furthermore, this article addresses the psychological aspects of weight loss, including building healthy habits, managing cravings, and fostering long-term adherence. By understanding these interconnected elements, you can embark on a path toward achieving your weight loss goals and cultivating a healthier, more vibrant life.

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Understanding the Fundamentals of Weight Loss

At its core, weight loss is achieved by consistently burning more calories than you consume. This fundamental principle, known as a calorie deficit, is the cornerstone of any successful weight management strategy. When your body expends more energy than it takes in through food and beverages, it begins to tap into stored fat for fuel, leading to a reduction in body weight. However, simply creating a deficit without considering the quality of your intake or your overall health can be detrimental. A balanced approach ensures that you are not only losing weight but also improving your body composition and overall well-being.

Creating a Calorie Deficit

To establish a calorie deficit, you must first understand your Basal Metabolic Rate (BMR), which is the number of calories your body burns at rest to maintain essential functions. Factors like age, gender, weight, and muscle mass influence BMR. Your Total Daily Energy Expenditure (TDEE) is a more comprehensive figure, accounting for your BMR plus the calories burned through physical activity and the thermic effect of food. By subtracting a calculated number of calories (typically 500-750 per day for a loss of 1-1.5 pounds per week) from your TDEE, you create a deficit that promotes gradual and sustainable weight loss. Avoid extreme calorie restriction, as this can lead to nutrient deficiencies, muscle loss, and a slowed metabolism.

The Role of Nutrition in Weight Loss

Nutrition plays a pivotal role in any weight loss plan, dictating not only the creation of a calorie deficit but also the quality of fuel your body receives. Focusing on nutrient-dense foods ensures that while you are reducing your caloric intake, you are still providing your body with essential vitamins, minerals, and fiber. This approach supports energy levels, satiety, and overall health, making the weight loss process more manageable and enjoyable.

Building a Balanced Diet

A balanced diet for weight loss prioritizes whole, unprocessed foods. This includes lean proteins, which are crucial for satiety and muscle preservation, as well as complex carbohydrates that provide sustained energy and fiber. Healthy fats are also vital for hormone production and nutrient absorption. The emphasis should be on consuming a variety of fruits, vegetables, whole grains, lean meats, fish, legumes, nuts, and seeds. Limiting processed foods, sugary drinks, excessive saturated fats, and refined carbohydrates is equally important to reduce empty calories and improve nutrient intake.

Macronutrient Breakdown for Weight Loss

Understanding macronutrients – proteins, carbohydrates, and fats – is key to optimizing your diet for weight loss. While there's no one-size-fits-all ratio, a common starting point for weight loss often involves a slightly higher protein intake to promote satiety and preserve muscle mass. Carbohydrates should primarily come from complex sources like vegetables, fruits, and whole grains, providing fiber and sustained energy. Healthy fats,

found in avocados, nuts, seeds, and olive oil, are essential for overall health and can contribute to feeling full. Tailoring these ratios to individual needs and preferences is often most effective.

Hydration and Its Impact

Adequate hydration is a frequently overlooked but critical component of weight loss. Water plays a vital role in numerous bodily functions, including metabolism. Drinking sufficient water can help boost metabolism, suppress appetite by promoting a feeling of fullness, and aid in the efficient processing of nutrients. Often, feelings of hunger can be mistaken for thirst, so staying well-hydrated can help prevent unnecessary snacking. Aim for at least 8 glasses of water per day, and more if you are physically active or in a hot climate.

The Power of Exercise for Weight Loss

While diet is paramount for creating a calorie deficit, exercise is indispensable for enhancing fat loss, building lean muscle, and improving overall physical fitness. Incorporating a consistent exercise regimen amplifies your calorie expenditure, making it easier to achieve and maintain a healthy weight. Beyond calorie burning, regular physical activity offers a multitude of health benefits that contribute to a sustainable and vibrant lifestyle.

Cardiovascular Exercise for Fat Burning

Cardiovascular exercises, such as running, swimming, cycling, and brisk walking, are highly effective for burning calories and improving heart health. These activities elevate your heart rate and breathing, demanding significant energy from your body. Engaging in regular aerobic activity for at least 150 minutes per week at a moderate intensity, or 75 minutes at a vigorous intensity, is recommended for significant health benefits and weight management. The duration and intensity of your cardio sessions can be adjusted based on your fitness level and weight loss goals.

Strength Training for Metabolism Boost

Strength training, also known as resistance training, is crucial for building and maintaining lean muscle mass. Muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue. By increasing your muscle mass through exercises like lifting weights, using resistance bands,

or bodyweight training, you effectively boost your resting metabolic rate. This means your body will burn more calories throughout the day, even when you are not exercising, which is a significant advantage for long-term weight management and body composition improvement.

Incorporating Physical Activity into Daily Life

Beyond structured workouts, integrating more physical activity into your daily routine can significantly contribute to your calorie expenditure. Simple changes, such as taking the stairs instead of the elevator, parking further away from your destination, going for short walks during breaks, or engaging in active hobbies, can add up. The goal is to reduce sedentary periods and move more throughout the day, complementing your dedicated exercise sessions and supporting your weight loss journey.

Mindset and Behavioral Changes for Lasting Results

Achieving and sustaining weight loss is as much a mental game as it is a physical one. Cultivating a positive mindset, understanding your behavioral triggers, and developing healthy coping mechanisms are essential for long-term success. Without addressing these psychological aspects, even the most well-designed diet and exercise plan can falter.

Setting Realistic Goals

Setting achievable and specific goals is a cornerstone of a successful weight loss journey. Instead of aiming for an overwhelming amount of weight loss at once, break it down into smaller, manageable milestones. Celebrate each accomplishment along the way to maintain motivation. Realistic goals also extend to lifestyle changes; aiming for gradual, sustainable shifts in eating habits and activity levels is more likely to result in lasting success than drastic, short-lived interventions.

Overcoming Plateaus

Weight loss plateaus are a common and often frustrating part of the journey, where progress seems to stall despite consistent effort. These can occur as your body adapts to your current calorie intake and exercise routine. To overcome a plateau, consider making small adjustments to your diet, such as slightly reducing calorie intake or altering macronutrient ratios, or

increasing the intensity or duration of your workouts. Introducing new forms of exercise can also challenge your body and reignite fat burning.

Managing Cravings and Emotional Eating

Cravings and emotional eating can be significant obstacles to weight loss. Identifying the triggers for these behaviors, such as stress, boredom, or specific emotions, is the first step. Developing alternative coping strategies, such as engaging in a hobby, going for a walk, practicing mindfulness, or connecting with a friend, can help redirect the urge to eat. Planning healthy snacks and meals can also mitigate intense cravings by ensuring you have nutritious options readily available.

The Importance of Sleep and Stress Management

Both insufficient sleep and chronic stress can negatively impact weight loss efforts. Lack of sleep can disrupt hormones that regulate appetite, leading to increased hunger and cravings for unhealthy foods. Chronic stress can elevate cortisol levels, which are linked to increased abdominal fat storage. Prioritizing 7-9 hours of quality sleep per night and implementing stress-management techniques, such as meditation, yoga, or deep breathing exercises, are crucial for hormonal balance and successful weight management.

Seeking Professional Guidance

For many, professional guidance can significantly enhance their weight loss journey. Consulting with a registered dietitian or a certified personal trainer can provide personalized strategies tailored to individual needs, health conditions, and goals. These professionals can offer evidence-based advice on nutrition, exercise programming, and behavioral support, helping to navigate challenges and ensure a safe and effective approach to weight loss.

FAQ

Q: How quickly can I expect to lose weight?

A: Healthy and sustainable weight loss is typically considered to be 1-2 pounds per week. Rapid weight loss is often not sustainable and can be detrimental to your health. The speed of weight loss depends on various factors, including your starting weight, metabolism, diet, and exercise regimen.

Q: What is the most effective diet for weight loss?

A: There is no single "most effective" diet for everyone, as individual needs and preferences vary greatly. However, diets that emphasize whole, unprocessed foods, lean proteins, fruits, vegetables, and healthy fats, while creating a sustainable calorie deficit, are generally considered most effective for long-term weight loss and health.

Q: Can I lose weight without exercise?

A: While it is possible to lose weight primarily through diet alone by creating a calorie deficit, exercise plays a crucial role in overall health, body composition, and maintaining weight loss. Exercise helps burn calories, build muscle mass, improve metabolism, and offers numerous cardiovascular and mental health benefits.

Q: How much water should I drink daily for weight loss?

A: A general recommendation is to drink at least 8 glasses (about 2 liters) of water per day. However, this can vary based on your activity level, climate, and individual needs. Staying adequately hydrated can help with metabolism, appetite control, and overall bodily functions crucial for weight loss.

Q: What are some common weight loss plateaus and how can I overcome them?

A: Weight loss plateaus occur when your progress stalls. Common reasons include metabolic adaptation, inconsistent calorie tracking, or lack of exercise variation. To overcome them, you might need to adjust your calorie intake slightly, increase the intensity or duration of your workouts, introduce new exercise types, or focus on non-scale victories.

Q: Is it okay to skip meals to lose weight faster?

A: Skipping meals is generally not recommended for healthy and sustainable weight loss. It can lead to extreme hunger, overeating later, nutrient deficiencies, and a slowed metabolism. Consistent, balanced meals are more conducive to satiety and metabolic function.

Q: How important is sleep for weight loss?

A: Sleep is critically important for weight loss. Lack of sleep can disrupt hormones that regulate appetite, leading to increased cravings for unhealthy foods and a tendency to overeat. Aim for 7-9 hours of quality sleep per

night.

Q: What role does stress play in weight loss?

A: Chronic stress can hinder weight loss by increasing cortisol levels, which can promote fat storage, particularly around the abdomen, and increase cravings for comfort foods. Effective stress management techniques are therefore essential for successful weight loss.

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how to how to lose weight: Girls Guide: How to Lose Weight Fast and Forever Angela D. Coleman, 2016-01-01 Your go-to weight-loss book with expert secrets, smart exercises, and mental exercises This is not a fad diet with gimmicky recipes. This guide changes how you think about your weight FOREVER. How many times have you tried to lose weight? Probably a billion times, right? I wish losing weight was as easy as it sounds. What if I tell you, it is? Let's make the mantra "eat right, stay light" true but also, let's do more than that so your clothes won't be too tight ever again. Girl's Guide: How to Lose Weight Fast & Forever is your all-in-one guide to transforming your weight loss journey from daunting to achievable, even pleasant. What does this weight-loss book cover? -Magical weight loss myths to ditch unhealthy diet behavior -Secrets to mindful and intuitive eating -Realistic approaches to lose weight fast and easy -Natural food weight-loss ideas to beat hunger -Useful tips & tricks to develop healthy food and exercise habits -Easy-to-make meal prep ideas to ditch fad diets forever -Proven principles to improve health and avoid eating disorders -The ultimate secret to a healthy body and calm mind with suggestions from a holistic health expert Why do you need a weight-loss book? -You want to improve your overall health and well-being -You lack nutritional awareness -You feel hungry due to restricted eating -You want to lose fat without being underweight -You want to avoid overeating and undereating -You want to stay youthful and fit -You want to look your best every day -You want a healthy mind, body, and heart -You want to burn excess calories throughout the day -You want to ditch chemical pills and painful weight-loss methods The healthy weight-loss book How to Lose Weight Fast and Forever teaches you how to use the science of weight loss and common sense every day with ease. Get the guide today, follow the recommendations, and

watch excess fat disappear.

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how to how to lose weight: *How To Lose Weight Effectively, Before a Wedding* Dueep Jyot Singh, John Davidson, 2018-05-21 Table of Contents Introduction Why one should not be obsessive about weight loss Mamas, Leave Your Daughters Alone... Change in Dietary Lifestyles Other Traditions and Rituals Lemon and Citrus Fruit Detoxifier The Seven-Day Cabbage Soup Diet The Water Cleansing Diet Forget about Frozen and Ready-Made Foods Take Time Out to Enjoy Your Food Time to Get a Move on Conclusion Author Bio Publisher Introduction A friend of mine wanted to know why I was writing this book, on how to lose weight effectively before a wedding, because she knows that being a naturopath, I do not advocate any sort of starvation or a diet regimen, which makes you nutrient deprived. Nevertheless, I had to explain to her that a large number of my friends out there, who now had their kids getting ready for marriage were getting a bit too hassled, because the children had gone on crash diets. Thanks to the whole world's obsession with weight, especially before a special occasion like a wedding, you may have noticed that the bride, her friends and even her mother have gone on drastic weight loss diets, so that when the guests appear, they do not think that these important people look like bloated hippopotamuses. This is the psychological, emotional, physical, mental, and spiritual weight being placed upon you, from the day you got engaged, and until your wedding day you are going to be moving around with this albatross around your neck. You need to lose weight. You need to lose weight fast. You need to look as anorexic and skeletal as Victoria Beckham. What are people going to say? Is your self worth really dependent upon what the scale says? Remember my friend, this book is for you, if you are really obsessed with losing weight. I say no, but you insist that you need to get rid of all that extra avoirdupois. And that is why, this book is going to tell you all about the easiest way in which you can have the most wonderful and memorable day, without torturing yourself beforehand. You will have lost weight, and it will have been done permanently. You are not going to starve yourself. You are not going to be so weak, that you cannot dance the first wedding dance with your brand new husband on the dance floor, during the post-wedding party. And best of all, you are never going to prevent yourself from not enjoying all those delicious food items on the table, just because they are so full of calories, they will increase your poundage and such other futile and torturous reasons. The first thing that you are going to do is throw away all your books, telling you to go on a diet. Throw away your measuring tape, which keeps hanging there behind your bathroom door. Throw away the scale, which has terrorized you for so long. But, you wail, how on earth are you going to know whether you have lost weight, if you do

not have these visible measures to show a positive result, after all your efforts?

how to how to lose weight: How To Lose Weight In 17 Weeks - Healthy Living Gurnam Sangha, 2024-05-17 If you want to lose weight naturally without paying thousands of dollars then this is the book for you. It's a way to live a healthy lifestyle by losing weight and have your dream body naturally. Before we dive into the book to explore habits to lose weight, I just wanted to make sure that you know that if this book is the right book for you or not. First of all, I want to say this book is for weight loss as you know by the title of this book, but it is only for those people who are really serious about losing weight and not just want to lose weight, but also like to maintain their health and weight for a longer period of time and not for the short term. If you are looking for short term weight loss program then you can also use this book as a helping guide, but This book is for those people who are determined to lose their weight, not magically overnight, but by adopting a lifestyle that will remain with them throughout life. If you are willing to adopt a healthy lifestyle and willing to open for new knowledge and apply in your daily life, then you should definitely buy and read this book.

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how to how to lose weight: How Being Broke Helped Me Lose Weight Christie Brightenston, 2023-02-04 Many people would like to go to bed tonight and wake up 20 pounds lighter by tomorrow morning. How about drinking a miracle juice today and by tomorrow at this time, voila! You are 20 pounds lighter! These fantasies boil down to doing nothing for something and are not realistic. What people are looking for is something easy and quick without any sacrifice, kind of like exhaling weight loss. There's nothing like instant gratification! This book is about a woman who progressively lost a healthy one pound per week as she lived her life and did certain things. Within two months, she lost up to 10 pounds. She goes into details on how it happened. If you do the same things that she did, you may find yourself losing pounds over and over again until it adds up to where you want it to be. This is "realistic" weight loss and the way it happened to her means the weight will stay off when you continue to do what she did. What is the use of quickly losing weight that you are going to gain back within the same time span you lost it? Make it stick by doing the same things that she did in this book. She talks about how things changed regarding her eating habits, including an easy, simple exercise that anyone can do right at home and is highly effective for achieving weight loss results. It is an easy read and she spares no details so that anyone can try it themselves. You will discover interesting tidbits about common daily things you've probably never given thought to, particularly when it comes to food and/or exercise. There's an interesting take on the way she explains things. This book is super candid, entertaining, and quite a laugh. Get your copy now and start losing weight the same way she did!

how to how to lose weight: How to Lose Weight Easily for Women Hebooks, How to Lose Weight Easily for Women is a comprehensive guide that empowers women to achieve their weight loss goals with proven and sustainable strategies. This transformative book offers practical tips on nutrition, portion control, exercise routines tailored to women's bodies, and overcoming emotional eating. With a focus on fostering a positive body image and embracing self-care, it provides the tools needed to transform both body and mind for fast, healthy weight loss. Whether just starting or looking to maintain momentum, this empowering resource paves the way to a healthier and happier lifestyle.

how to how to lose weight: How to Lose Weight for the Last Time Katrina Ubell, 2022-09-20 The missing piece to the most sought-after health goal, How to Lose Weight for the Last Time offers brain-based solutions for dropping pounds and keeping them off without suffering or sacrifice. As a pediatrician, Katrina Ubell, MD, always struggled with her weight--she was either 40 pounds overweight, or struggling to lose that weight. Although she'd regularly counsel parents on the importance of keeping their kids healthy and fostering good eating habits, Dr. Ubell, as a busy professional, was never able to do the same for herself. Like everyone else, she tried many different diets and programs, but would always regain the weight. In 2015, Dr. Ubell cracked the code for making weight loss permanent, and developed a program targeted at busy physicians like herself

who often de-prioritize their own wellness. As a weight loss coach, Dr. Ubell has helped over 1,000 busy physicians and professionals find and stay at a healthy weight with her brain-based program, and is now ready to bring this program to the general public. Dr. Ubell's program doesn't involve any unrealistic diets, plans, special foods, supplements, or even rigorous exercise protocols; instead, she uses a deep understanding of the brain and behavior patterns to get results. Through her work, she has been able to uncover and speak into the universal obstacles that stand in our way of losing and keeping off weight.

how to how to lose weight: *How to Lose Weight permanently using YOUR MIND* , 2015-01-20
The good news about weight loss is you only need to stop trying to lose weight the same way everyone is trying to lose weight. The solution doesn't come outside of you. The secret to weight loss is not a product off a shelf or a great exercise machine or some 'magical' capsules in a box. No. The secret is in your mind. I have written a book that lays out a general framework that you fill in with specific details and schedules that make the most sense in your life. Everyone is different and everyone has different schedules and mindsets. Whether you are extremely disciplined or you find the concept of discipline scary, my framework can help you. Just adapt these techniques and perspective I laid out in this book and you should be on your way to sustainable weight loss.

how to how to lose weight: How to Lose Weight Well: Easy Steps to Lose: Eating Loose Weight Fast Loose Weight Fast For Women & Men Charlie Mason , 2021-02-22 Obesity has emerged as a real problem today. With more than 2 out of 3 people getting affected by it, the problem is as real as it could get. Everyone is trying to escape from the clutches of obesity but the plan doesn't seem to work. Obesity is simply not a simple cosmetic problem but a package deal of serious health issues like diabetes, heart problems, and other metabolic disorders. Diets, strict food plans, and exhaustive workout routines have failed to provide a long-term solution to this problem. Some weight initially goes down with these measures but you are back to square one after a while. The main reason behind these failures is improper handling of the issue. Most weight loss measures have been merely trying to cut down on calories whereas the problem has always been elsewhere. It is the wrong food that has been causing obesity. High dependence on processed food, refined sugars, and chemicals is the root cause of the problem. We have developed poor eating habits that lead to weight gain repeatedly. This book brings to you a tried and tested approach to weight loss: If you feel that weight loss measures have failed you terribly, then this book is for you. This book is for everyone who has tried several ways to lose weight but failed. It will tell you the easy ways to lose weight through healthy eating. This book is your guide to natural foods and the immense weight loss benefits they bring. This book will tell you the ways to lose weight by eating well. It will shed light on weight loss psychology and explain the good habits to adopt for weight loss. In this book, you'll get to know the easy ways to lose weight by eating healthy. It will not tell you to eat less but to eat the natural foods freely. You can lose a lot of weight and sustain it easily by making the right food choices and the plan has been laid out clearly in the book. ----- how to lose weight well loose weight weight loss books weight loss motivation loose weight fast for women loose weight fast for men weight loss diet books for weight loss

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your guide to natural foods and the immense weight loss benefits they bring. This book will tell you the ways to lose weight by eating well. It will shed light on weight loss psychology and explain the good habits to adopt for weight loss. In this book, you'll get to know the easy ways to lose weight by eating healthy. It will not tell you to eat less but to eat the natural foods freely. You can lose a lot of weight and sustain it easily by making the right food choices and the plan has been laid out clearly in the book. How to Lose Belly Fat: How to Lose Belly Fat: A Complete Guide to Losing Weight and Achieving A Flat Belly is your one-stop shop to achieving the body of your dreams! Take this book step by step and allow it to educate you on why humans have a difficult time losing belly fat and how to combat the cravings and lack of motivation that come with typical weight loss plans. This comprehensive guide breaks down the components of blasting belly fat into a simple, easy to understand fashion. This book will teach you the best way to eat healthily, get active, and mentally prepare yourself to burn fat and get fit. Inside you will find: An easy to follow comprehensive guide to losing belly fat, getting health, and getting fit A deep understanding of how to burn belly fat The best way to tackle belly fat so that you can have a skinny waist A comprehensive guide on what foods to eat to burn fat A comprehensive guide on what foods will prevent you from losing belly fat What you can drink to boost your metabolism What beverages you should avoid while getting fit A deep understanding of how the body processes the food we eat An in-depth guide to metabolism How to go from a sedentary lifestyle to an active lifestyle The kind of exercise needed to get fit

how to how to lose weight: Sustainable Weight Loss: How to Lose Weight Without Sacrificing Your Happiness KALPESH KHATRI, Weight loss has become a focal point in our modern world, with countless diets, fitness regimes, and quick fix solutions that promise rapid results. Yet, for most people, losing weight—and more importantly, keeping it off—feels like an elusive, uphill battle. This book, Sustainable Weight Loss: How to Lose Weight Without Sacrificing Your Happiness, is designed to provide a different approach to weight loss—one that is practical, sustainable, and grounded in creating a healthy lifestyle rather than a temporary diet.

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how to how to lose weight: How To Lose Weight With The Mediterranean Diet Joseph Pritchard, 2012-02-29 ABOUT THE BOOK One potential diet that has recently come to light is the Mediterranean diet. The Mediterranean diet is a dietary program that follows the traditional eating habits of Mediterranean countries like Italy, Greece, and Spain. The diet focuses on plant-based foods, while avoiding large amounts of meat and carbohydrates. There are a variety of benefits provided by the Mediterranean diet, but the diet program does not emphasize weight loss. However, one can lose weight while on the Mediterranean if certain guidelines and lifestyle changes are followed. MEET THE AUTHOR Joseph Pritchard is passionate reader and writer. He has a bachelor's degree in Biology and also completed a degree in medicine. He has written for other prominent online publications and enjoys writing on a variety of topics. EXCERPT FROM THE BOOK However, if a patient is still gaining weight while on the Mediterranean diet, he or she is still at risk of suffering from a potentially lethal cardiovascular disorder, like a stroke or a heart attack. Overweight patients must be able to lose weight when using the Mediterranean diet. To achieve weight loss, the Mediterranean diet must be tailored to suit the patient's needs. The Mediterranean diet program does not specify how many calories to ingest nor the amount of food you should ingest. Rather, it only specifies the types of food that are part of a healthy Mediterranean diet. Therefore, in order to lose weight, a patient must identify how many calories he or she should ingest. Determining the number of calories a patient requires is often a complex process that involves calculating basal metabolic rate (BMR) and exercise level. BMR is a value that correlates to how many calories your body consumes while at rest or while performing simple tasks. BMR is calculated using the patient height, age, gender and current weight, and whether the patient suffers from any metabolic or other disorders... Buy a copy to keep reading!

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- Detailed explanations of foods that cause you to lose weight through their metabolic effects
- Various fasting methods to lose weight, including intermittent fasting and guided protocols
- Simple walking strategies to lose weight without expensive equipment or gym memberships
- Mediterranean, low-carb, and other diet plans customized to different needs and preferences
- How to eat right and lose weight while still enjoying your meals
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how to how to lose weight: *How To Lose Weight (And Keep it Off) By Reprogramming The Subconscious Mind* Robert Dave Johnston, 2014-09-21 * Would you like to start a diet, stick to it, and lose ALL of the weight you wanted? * Would you like to NOT gain the weight back and remain thin for many years to come? * Would you like to easily say NO to junk food and other foods that you formerly could not resist? * Would you like to be able to make healthy eating choices at all times without struggle or feeling deprived? * Would you like to master your belly and appetites and NEVER be a slave to food and eating? * Would you like to find the inner strength to always make the best choices for you, even if those choices require a bit of sacrifice and/or discomfort? * In short, would you like to SOLVE the weight problem once and for all and enjoy your life thin and with a healthy relationship with food? Helping you to accomplish all of these points is what this book is all about. Here's the bottom line: I was stuck in obesity and binge eating for more than 20 years, during which time I 'trained' myself to believe and act upon all sorts of destructive and negative nonsense. I ate everything and anything that the mind and belly wanted. Even if I was full and my belly felt that it was about to pop, I would continue to eat nonetheless. Food was my drug. I had ZERO ability to resist food; I always gave in. I was completely trapped; overeating day after day, becoming more and more obese and sick, isolated from life and the world and filled with shame, guilt, depression and intense self-hatred. I was, in essence, trapped in a self-made prison where food was the ultimate overseer and lord. It was a vicious cycle: Sadness, rage and self-pity fueled more overeating which, in turn, caused more failure and negativity, which caused more overeating. I was perpetually sabotaging my weight loss efforts, often without realizing it, because pain and unhappiness had (tragically) become second nature. THEN I realized that if I wanted to be free of this poisonous mental chatter, I would have to work at identifying (and overwriting) the conscious and

subconscious fat patterns that fed the insanity and kept me eating in excess and at the wrong times; the patterns that made me weak in the sight of food and caused me to always be nibbling, grazing and eating, eating and eating. I was fed up and wanted to overcome obesity once and for all. I had to create a new mental program that supported and facilitated my goals rather than destroy them. And none of this is breaking news. We've all have heard of positive thinking, affirmations and visualizations. Here I take those powerful mental tools and apply them directly to weight loss, food and eating. If you have tried to lose weight and fallen short, then implementing the simple but powerful program I outline here will help you to make measurable progress. If you are willing to walk with me and do some work, then this book can become a very powerful ally in your journey towards permanent weight loss. You will be asked to do some introspective work in a journal. You will be asked to put together a reprogramming program tailored specifically to your individual needs and situation. If you give yourself to this work and stick to it as I recommend, there is no doubt that you will begin to see some remarkable changes in the way you relate to food and eating. I had big problems waking up at 3AM and raiding the fridge. After some weeks of following this program, I went to sleep one night and, when I woke up, it was 6AM. I had not gotten up to eat! One lady that was addicted to cream donuts and double sweet latte wrote to tell me that, after following this program, she abruptly stopped. A guy who lived on pizza and beer said that after listening to the tapes for a few weeks, he woke up one morning and decided to change his diet. And, you, too can experience the breakthrough IF you make the commitment with yourself.

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