

10 Uncomfortable truths about Losing Weight

1. Losing weight IS about being sick and tired of knowing **you can do better!**
2. Losing weight IS about your **willingness** to stop letting food satisfy your emotional needs and figuring out when it's OK to love it!
3. Losing weight IS a **long-term commitment** to exercise and fitness, non-negotiable!
4. Losing weight IS not supposed to turn you into a food obsessed person, stressing out over what isn't "authorized" on the plan- instead you must **plan for the day** by keeping it simple!
5. **Losing weight IS a math problem**- You have been taking in more than your body can use, so it's become a storage unit. It's time to use up the "fat reserve"- it's a necessary part of reversing the process, coming out of hibernation!
6. Losing weight IS about finding out that you can do better and that **you are stronger** than believe, physically and mentally!
7. Losing weight IS going to require self-sacrifice daily! All **worthwhile** things do!
8. Losing weight IS about peeling off the label that you have been wearing that screams "I know I can do better", to **BE DONE WITH IT-once and for all!**
9. Losing weight IS about becoming discontent with settling for instant gratification, while learning that true pleasure comes from **achieving a goal** and making new ones regularly!
10. Losing weight IS one of the hardest things you will ever do, if you make **THE BRAIN CHANGE** happen - this will be the last book you will need about this subject for your entire life!

HOW DOES THAT SOUND???????????