

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???????????