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You Weigh *How Much?*

Have you lost weight, but gained it right back again? Do you want to lose weight, but nothing works? You've tried this, you've tried that. You've tried everything. NOTHING worked long term.

Well, you know what? You *haven't* tried EVERYTHING. You haven't, or you would have results. It's that simple. So please don't tell your brain you've tried EVERYTHING because that gives your brain no alternative. If it knows you've tried EVERYTHING and nothing has worked, then it stops looking for ways to lose weight. It just gives up. Do you want that?

On the up side, would you like to know how you can make a lasting change? Here are three beliefs you **MUST** have to make a lasting change.

Something **MUST** change.

I **MUST** change it.

I **CAN** change it.

You must know in your heart that you **MUST**, not you "should" lose weight. You must think that something **MUST** change, not that something "should" change. "Should" never happens. I really "should" go on a diet. Nope. It ain't gonna happen. "Should" is not consistent. You do "should" when it's convenient.

If you **MUST** do something, then you find a way to do it. I **MUST** do it.

Some of you go to someone to have **THEM** do it for you, like a counselor, therapist, doctor, whatever. Guess what? If "they" do it for you, "they" might be the ones to lose the weight. You may too, of course, but it doesn't last very long before you run into difficulty. Then you're back to where you used to be, but there's one big difference here. You tend to blame whoever it was that you went to. It's "their" fault this didn't work.

Don't get me wrong. Going to someone for help is terrific, but if you're not ready to take responsibility for the change, you might just as well save your money. If you do it yourself, if you know **YOU** are the source, then you are ready to make a change. No one else can do it for you. Your mantra **MUST** be "It must change, and I must change it."

Of course one of the reasons a person doesn't think they can change is because they've never changed before. Well, guess what? The past does not equal the future. You have to be able to look forward and "create" what you want, even if you've never been able to do it before. You **MUST**.

If you live in the past, you can be guaranteed your future will be the same way. One way to take care of the future is get rid of your old beliefs that aren't supporting you. The ones that say, "I can't do it." "I've never been able to do it." "People will laugh at me." Get rid of them by linking massive amounts of pain to them. Think of an old, negative belief, think of pain. Think of the next old, negative belief, think of pain. Think of the next old, negative belief, think of pain

again. If you link enough pain to each old, negative belief, your brain will do its best to avoid them, and that gives you a chance to create alternatives.

Think of your new belief, think of the most wonderful pleasure you've ever had. Think of your new belief, think of the most wonderful pleasure you've ever had. Think of your new belief, think of the most wonderful pleasure you've ever had. There. Doesn't that feel better?

Sometimes, the reason we don't change is we think change equals pain. "If I do this, then that will happen." Ouch. Or the reason we do change is that we see NOT changing bringing us loads of pain. Double ouch. Well, now that you know this, use it to your advantage. Associate "pain" with overeating. Feel in your gut, don't just know in your mind. Associate losing weight NOW with massive, extraordinary, immediate levels of pleasure.

Some of you are overweight because you rationalize. "I'm just a little overweight." That certainly doesn't give you enough pain to make you want to do anything about it. What if you said to yourself in a most disgusted tone, "I'm fat!" Or how about it if you heard it in your mind with the voice of someone whom you really admire? Having them say it to you would really hurt, wouldn't it? OK. Now think about this. How is that different than "I'm a little overweight?" There's massive amounts of pain if someone you admire thinks you're fat, isn't there?

If you take away the pain, you take away the drive. It turns to a "should" and not a "must."

Change is never a matter of ability. It's always a matter of motivation.

If someone has enough reason, they will change, period.

Now, if "should" is what pops into your mind for this sentence below, realize that change ain't gonna happen until YOU make it a MUST. If you don't inflict your own painful thoughts connected to overeating, you won't feel the powerful need to do something about it.

"I _____ lose weight." Which word did you use? I knew it! I knew you could do it! Now, that it's a MUST, watch your eating habits change for the better. Good luck!