

GET STARTED...

# NEW YEAR NEW YOU

...THE PSYCHOLOGY OF WEIGHT LOSS



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## ...The Psychology of Weight Loss

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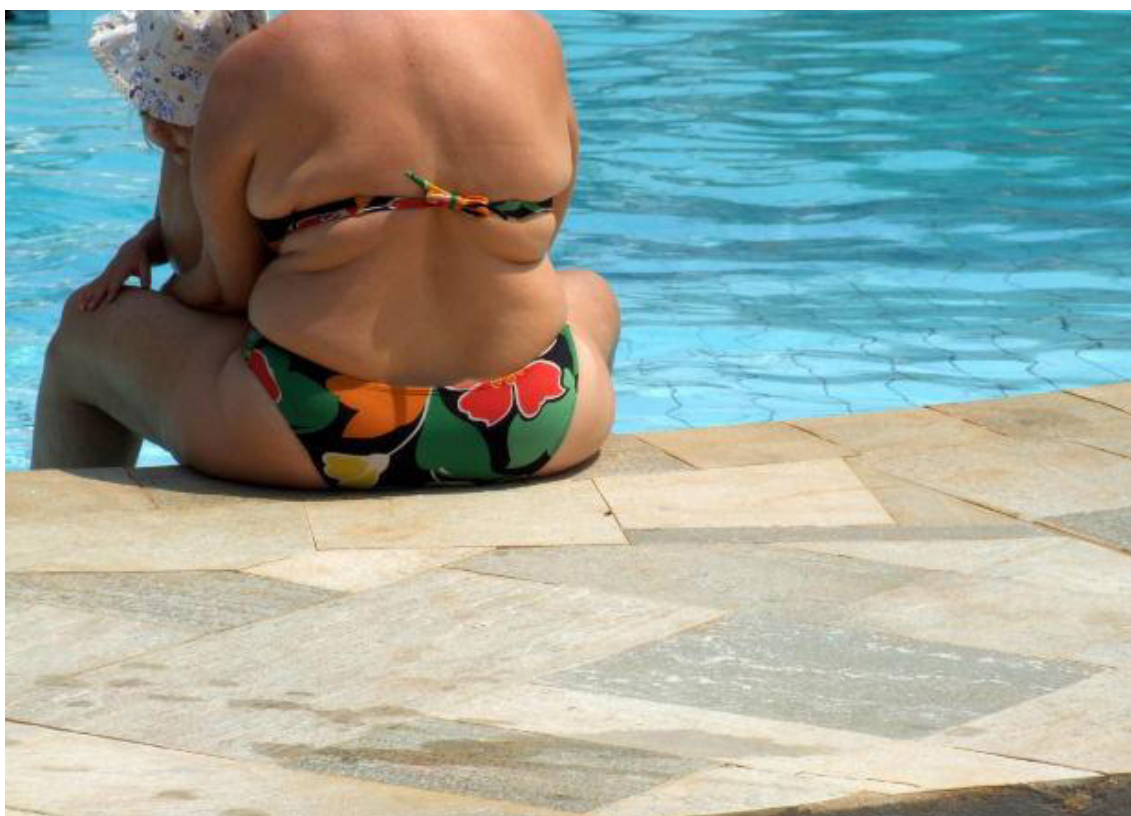
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## Forword

Weight loss is one of the goals of most men and women. If this is one of your dreams in life too, you have to be aware of the aspects that will help you achieve the results you expect. One of these aspects is your mindset. Without a strong determination and fixed mindset, successful weight loss results would be hard to reach.



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## Chapter 1

# The Psychology Of Weight Loss And Management

*...How Your Brain Plays A Role In Weight  
Loss And Management*

Before anything else, changing your mindset is the first aspect that you need to consider when it comes to weight loss. Your weight loss plan will not be successful if you fail to pay attention to your way of thinking. By telling yourself that you cannot, you will surely fail and you will have a small chance of seeing the results. Thus, you should think about these things in reverse.





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### How To Begin

Instead of thinking about weight loss negatively, you should say I will, I can and I will succeed. You will be more confident while saying each of these things to yourself once you learn how to change your mindset. To motivate yourself, you should know the value of motivation and how it can help you achieve your goals.

This is the main purpose of this book. With this guide, you will know the true meaning of a mindset that can help you become successful and more efficient in achieving your weight loss goals. Changing your mindset is important, and you have to realize the reasons why you have to consider it.

You are lucky to find this book because it will provide you with ideas, details, tips and everything about your mindset and its relationship and importance to weight loss.

With this guide, you can manage your weight and learn everything you can do to reach your goals. Your journey to have a successful and satisfying weight loss is just about to start. Read on!

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## Chapter 2

### The Reason Why Goals Are Important In Weight Loss

Your mindset plays a very crucial role when in weight loss. What happens to you physically is just a reflection of the changes that occur inside your system. Thus, you are what you think.





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### **What You Need To Know**

A person who aims to lose his or her excess weight will experience changes in his or her blood pressure and heart rate. Likewise, the electrical conductivity of your skin and breathing reacts to your emotions and thoughts.

Perhaps, you think you are too fat or that you are not physically fit at all. If you are not happy, stress will make your body feel that it's in an unsafe state. This will result in the release of stress-causing hormones. When stressful thoughts and bad emotions are pursued, your body will become more tense. The stress-causing hormone which is known as cortisol, has a great impact on your digestive system and weight. Belly fat is among the visible signs of stress.

### **What To Do If You Desire To Lose Your Excess Weight?**

The first thing you need to do is change your mindset. When it comes to weight loss, you should not think about a “diet”. Instead, you should learn the best way to consume the foods you want. While you do it, you should think about nourishing yourself rather than depriving yourself. Use meal times to enjoy the food that is served on the table. Meal times are the right time for you to forget about the stressful problems or thoughts you have in life. In the long run, you will notice that you are enjoying eating and consuming less food.

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You should maintain your body in a normal condition. Therefore, you have to find ways to stay fit and healthy. Eating foods that are useful to your mindset is the best technique for eliminating your stress and improving your health. This will let



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### Chapter 3

## The Reason Why Goals Are Important In Maintaining Weight

Having a closed mindset might be the reason why you fail to achieve success in your long-term weight loss goals. Developing a good mindset is one of the most crucial things you need to consider to achieve a long-lasting change.



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### How To Make It Last

If you have a closed mindset, you are the kind of person who tends to run from challenges. Also, you probably give up easily when you experience difficulties in achieving your goals. Although you have determination to change, everything is too hard for you. Thus, you decide to just stay within your comfort zone. You are determined to start taking steps to lose weight, but once you fail to see the results as soon as possible, you just prefer to surrender and discontinue everything.

If you have an open and positive mindset, you are always ready and have the courage to face any challenges throughout your journey. You must expect obstacles to come your way, but when something wrong happens, you should look for to deal with them using a strategy which will help you go in the positive direction.

When you have a closed mindset, you tend to refrain from listening to the pieces of advice and suggestions of people who surround you. You will ignore the comments of those people so that you can stay on your current path. You also think that your efforts are useless as you know that you will not make it until the end.

A person who has an open mindset is the one who listens to what others may tell him or her. He or she also reflects his or her own thoughts, attitudes and actions. When you have this kind of mindset, you should take small steps forward. Having

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positive mindset equates to having emotional intelligence. You know that changes will never occur without it.

If you have a closed mindset, you tend to look more on the physical aspect. You look at other people and you feel envious and jealous because they are successful. You assume that you can do better than them, but you do nothing. By having a positive mindset, the actions taken by other people turn to be your inspiration. You witness their achievements and you learn from seeing what they do. You will take that and you will look for something that will work for you.

As you can see, having a closed mindset will never help you achieve the results you desire. You will remain in your current state forever and you will fail to notice developments and changes. You fail to grow because you do not change your mindset or you do nothing to overcome your negative thoughts.

When you open up your mind and you choose to do it, you will begin to see the changes that happen to you. Developments will be visible and you will start to experience success. This will all come to your psychological method. If you struggle to lose fat and you fail to see changes as you go over the cycle again and again, read this book and think of what you can do in order to change the way you think.



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## Chapter 4

### **The Reason Why Goals Are Important In Body Image**

Your mindset, whether positive or negative, can affect your body's image. If you are aiming to make changes in the shape of your body and in the state of your health, you should start with your mind. The weight loss results you expect will be granted to you once you have developed a proper body image. A well-developed body image seems to provide the blueprint of the exact look you would like to achieve.



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### Why It's Important

Without making a change in your mindset, your thoughts about weight loss will be in contrary with the health routine or change you have started. You will never find something that works faster than your brain. Creating feelings and thoughts that will support your body image would help you get the changes and positive results you desire.

Nowadays, most people who aim for successful weight loss results depend on the numerous weight loss supplements available in the market. The truth is that weight loss results can also be achieved by simply having a positive mindset. By changing the way you think about weight loss and the way that it occurs, you will surely get the results you expect. It will also let you change your whole life and maintain the new shape of your body.



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## Chapter 5

### Tips For Setting Goals For Eating Right

Metabolism is the process wherein the food consumed is processed and transformed into energy. The easiest way to understand this is to assume that food is the gasoline for your body. Once your stomach gets empty, your body will start to become weak and it will try to use the energy stored



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### Some Pointers

Some people who are aiming to have a successful weight loss regimen limit their food intake, so they eat less than usual. On the other hand, this will never let them experience their goals as their body will interpret reduced food intake as starvation, and it will use fat cells as a survival mechanism for your body.

The most effective way to improve your metabolism and the capability of your body to lose weight is to eat frequent small meals every day. Usually, most people consume food 2 to 3 times every day with large meals. To improve your metabolism, you must eat small meals frequently every day. You can eat at least 6 times every day with long intervals to give your body more time to digest the food you eat.

By eating small meals every day, you will feel starved and it can prevent your fats from being used against starvation. You should also consume more foods that are low in calorie and fats, but rich in fiber. These foods are the ones that will help you lose more and get better weight loss results. Avoid eating processed foods, especially those rich in fat and sodium.

Once you change the way you think about food, it will be easier for you to change your usual eating habits. When you follow a particular program for weight loss, you should focus on your goal. You should not only lose weight, but improve your health as well.

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## Chapter 6

### Tips For Setting Goals For Exercise

Getting ripped or sexy is not hard to achieve if you are really serious about it. What you need to do is change your mindset. You know that exercise is important in weight loss and you have to be determined to do it every day. Here are some tips that you can use to get the right mindset you need in order to be motivated to exercise regularly.





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### Exercise Goals

Regular exercise is known for the different health benefits it can provide. However, there are only some people who live an active lifestyle. If you want to improve the quality of your life, you should start an exercise regimen. It will lower your blood pressure and it can reduce your risks for various forms of cancer.

#### **Here's how:**

1. Set realistic expectations – prior to starting your new exercise routine, you have to set your goal first. You have to be sure about what you would like to achieve. If it is your first time using an exercise regimen, you should not overwhelm yourself. You should focus on a small goal first and make a list containing the weight loss goals you would like to achieve. Once you set realistic expectations, it will be easier for you to reach them. After reaching the small objectives you have, you can pursue your objectives that are hard to reach. If you have a plan of joining a physical fitness club, you may wish to do so as there are several gyms with personal trainers who can assist you with your goals. If you do not really know what you would like to achieve, hiring these professionals might be the best solution to your problem. They will motivate you by making you understand the importance of concentrating on trying to lose more fat.

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2. Look for a fitness buddy – to have more fun while working out, you may look for someone who will be your companion in going to the gym every day. Research shows that if you work along with somebody, you will be motivated to do more in your exercise regimen. Whether you are just having fun with someone while you exercise or you become more competitive and are able to push yourself, these things will depend on the type of personality you have.
3. Keep on doing what you can – there's no need to worry if you do not have enough money to avail the gym membership fees. There is no rule that exercise should be formal. You can simply run up and down the stairs 10 times every day. You may also bring your dog outside for walks wherever you go. Any action that can increase your heart rate is a type of the cardiovascular exercise.
4. Eat nutritious and healthy foods – to be physically fit, you must pay attention to the foods you eat during your meals. You should have a well-balanced and healthy diet which is a very crucial aspect when it comes to wealth and overall health. You may contact your dietician if you are in need of nutritional advice. He or she can tell you the right foods to consume and what would best work with your exercise regimen. Always keep in mind that exercise alone is not enough to achieve successful results in weight loss. You have to combine exercise and proper diet.

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5. Have fun – you should never feel you are the only person who faces problems while trying to lose weight. Remember that there are millions of people around the world who face the same problem as you. Setting the state of your mind is the initial step that you need to take when it comes to exercise.
6. You should keep in mind that when you work out, it is not to make your body feel tortured but it is for its own good. This means that you should enjoy whatever you are doing in your everyday living. You may choose yoga as it is a great way to revitalize your mind while you become physically fit. If you are a man, you may want to join a basketball team wherein you will experience fun while your body starts to lose weight. Likewise, you may also use free weights. If you start your new exercise regimen while you have a negative mindset about exercise, you will never be able to do it regularly. Always remind yourself about its importance.

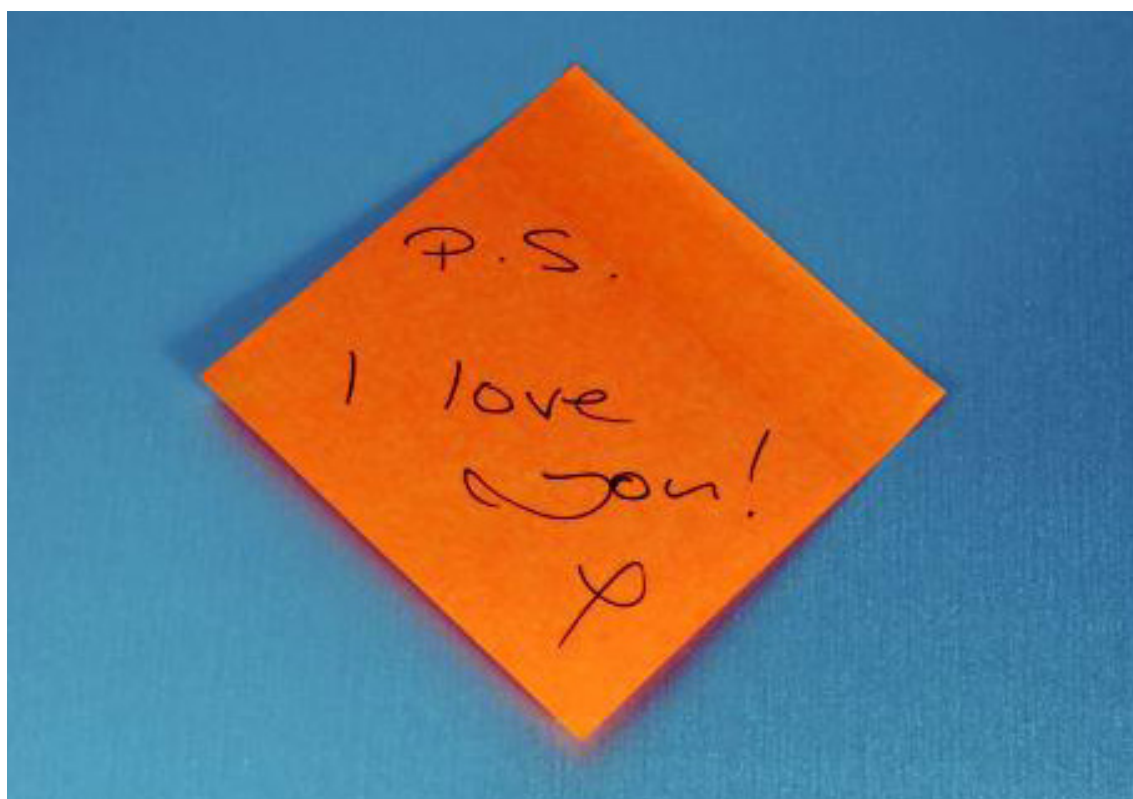


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## Chapter 7

### Tips For Setting Goals For Body Image

To achieve great weight loss results, you need to change your mindset. A great way to alter the way you think about exercise and your body image is to read and write affirmations every day. What are affirmations and how they can benefit you? Well, these are brief positive statements you can read or write repeatedly when required. You can post these on the areas inside your home where you usually go every day. By seeing them regularly, you will be more confident in facing challenges and begin striving more so that you will achieve better weight loss results.



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### Additional Techniques

Aside from the use of affirmations, you can also change your mindset with the use of other techniques. These are the following:

Consider the impact – you need to think of how your own body image affects the other aspects of your life. You have to reflect on the way that your body image influences your job, relationships and your entire self-image. You should determine whether it stops you from achieving your goals or not. Try to think about how your body image affects your life negatively. Understanding that the dissatisfaction of your body influences your life can be empowering. It is because knowing the problems will lead you to finding the solutions for them. Once you are aware about the effect of bad body images, you can start to do something to relieve them.

See your whole self – most people complain about their thighs and fatty bellies. They have several questions which all pertain to their failures in getting the weight loss results they desire. If you are one of these people, you should empower yourself so that you can see yourself completely. When you stand in front of the mirror, you should observe your whole self and avoid minding the parts of your body.

- Build a positive and good body image coming from your inner self – most people depend on external factors which can either break or make their body images. When you read a magazine and you see models with perfect bodies, you tend to doubt your look. Reading a post from the internet that talks about exercise and dieting can make you feel worse. However,



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what will happen once you work with the body image which can resist external influences? Definitely, you will never find anything that is completely resistant, but you can do something that will make your own body image become something stable. You may stand in front of the mirror and expect that negative thoughts will enter your mind. Once these thoughts come in, you should imagine something that will protect you from them. Your mindset, emotions and heart rate will be protected by that. From here, your positive mindset will come in. Thus, you will have certainty to be on the right track.

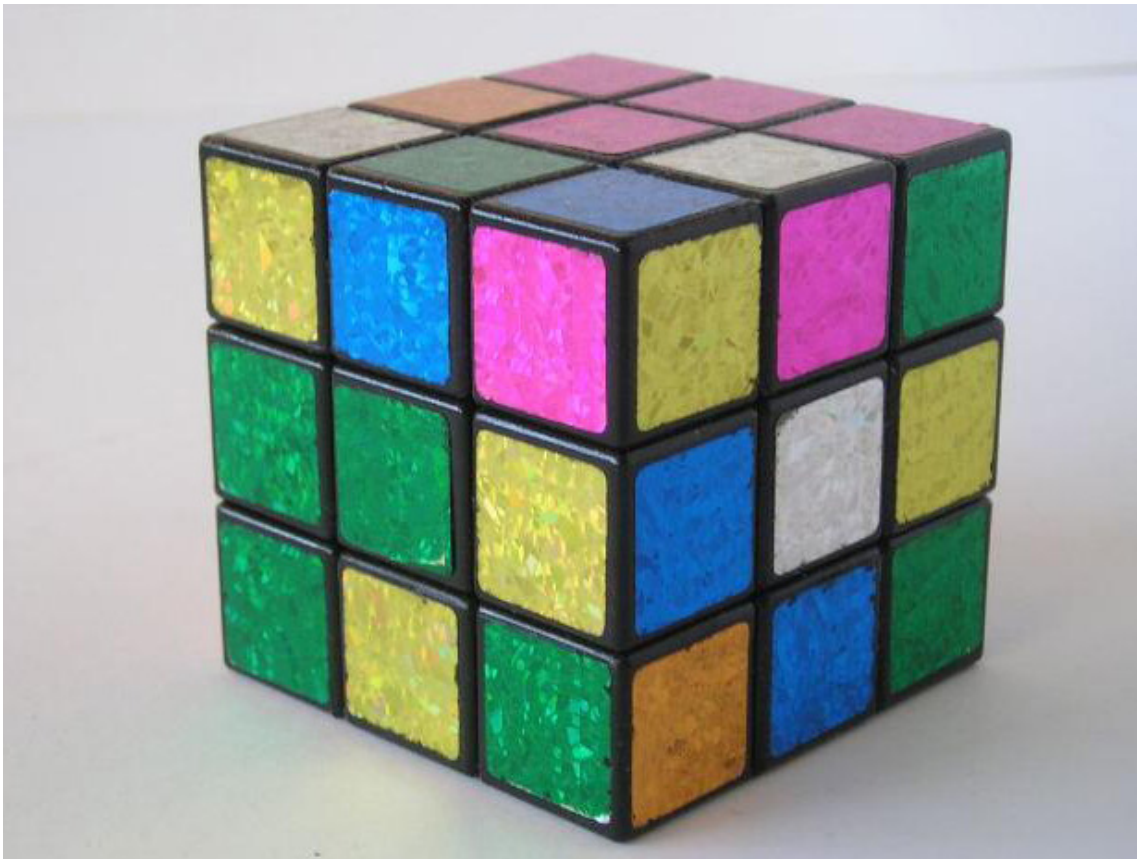
- Change the way you think – when you change your mindset, you are empowering yourself to form a developed body image. When you have realized that becoming slimmer is not the actual goal you should achieve, you empower yourself to keep on having a good self-care routine. When you realize that diet plans are not enough to get what you want, you put concentration on listening to what your body says. You may think that workouts are not actually related to weight loss, but your body movements can surely relieve stress.
- Think about the positive attributes you have – when you have attractive eyes, you can post something that will keep on reminding you about your eyes. You can place this on the mirror inside the bathroom. You might face struggles while reaching for your goals, but you are blessed to have those features which others do not.

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## Chapter 8

### **How To Stick To The Weight Loss Goals You Have Set**

You always go to a physical fitness center, you eat a balanced meal and you spend enough hours sleeping, but you still do not feel good. You think that you are not completely healthy. Nowadays, most people are aware of the benefits they can get from keeping themselves healthy. However, most people fail to spend time thinking about the most important aspect of weight loss management, and that is the mind.



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### **Stick With It**

You could be physically fit with exercise and proper diet but when your mindset is not in good condition, it could affect the other areas of your life. The worst thing is that it can stop you from reaching your goals. Everyday stress, depression, anxiety and other psychological problems have become prevalent. In 5 people, there is one who experiences psychological problems at some point in his or her life. This situation happens because of the negligence to pay attention to his or her mind.

### **The Value of Having a Normal and Positive Mindset**

Scientific research has shown that poor mindsets overwhelmed with stress can trigger other health concerns. Always keep in mind that having an unhealthy mindset can lead to you having an unhealthy physique. Cluttered mentality can also hold a person back. You may think about the obstacles that hinder you from achieving good health, better productivity at work and better relationships. Find out the best way to deal with them.

As you do everything you can to stay fit, you may also practice exercises for the mind, which can assist you in reducing your negative emotions and thoughts. Ignore the negative thoughts that tell you unhelpful things. Instead of thinking negatively, you should think of the other side. Tell yourself that you can do it and that you can make your dreams come true. Think of your negative thoughts as challenges and allow them to motivate you to strive more instead of giving up.

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Likewise, you should practice gratitude and be thankful for the experiences and lessons taught all throughout your life. Instead of thinking about your failures, you should always believe that bad things happen to teach you the right things and to help you recognize your mistakes. Thinking about the positive side of your circumstances will help you have a positive mindset. When it comes to weight loss, you should focus on knowing the things that will make you fail and use them as motivations for you to become a positive thinker.



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## Chapter 9

### **How To Stick To The Weight Maintenance Goals You Have Set**

Most of the elements in life are helpful in achieving the results you expect when it comes to weight loss. On the other hand, the most important one of all is your mind. If you want to lose weight and burn more fat, you have to condition your mind and believe in yourself that you can do what it takes to reach your goal.





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### Be Strong!

Having a good and effective mindset for weight loss will help you a lot. This will give you motivation and strength to face the challenges. With these things, it will be easier for you to overcome the obstacles and temptations that may come your way. A good and positive weight loss mindset will help you to foster a long-term change and completely achieve a healthy and normal lifestyle.

If you are really serious about weight loss and you have developed a positive mindset already, you should look for ways to keep it and the changes it can bring in to your life. Here are some things you can do to keep the mindset changes you have:

- Remind yourself about your goals – to achieve complete and successful weight loss outcomes, you should remind yourself about the goals you want to attain. You might write down all your goals relevant to weight loss. To motivate your mindset, you should be specific on what you really want to achieve. Make a set schedule of when you should see further changes. See to it that your goals are achievable and measurable. A considerable objective is one which you can be held responsible for. A good example of this is losing a specific percentage of fat that must be achieved by a particular date.
- Think about your goals in your everyday life – you have to review all the goals you wrote on your journal including the timetables. This is to ensure that you are on the right track. You can ask yourself whether the actions you took for a specific day brought you nearer or farther from your aspirations.

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- Aim for smaller and shorter goals. You may break the long-term goals you have into smaller and manageable ones. This way, you will find them less daunting to do, so you will be more motivated to keep your positive mindset in achieving continuous changes that happen within and out of your body. Instead of thinking that you have to lose 50 pounds inside a year, you should focus on losing a pound every week because it is easier to achieve. This way, your change in mindset will go further.
- Alter your focus – you have to forget the negative aspects that weight loss has. These aspects include the feeling of deprivation. Instead of minding them, you should focus your attention to the positive aspects of weight loss. You may pay attention to the way your clothes fit and the way your body will react to it.
- Think more about being healthy – you should not be obsessed with your dream of becoming slimmer. You should pay your attention to having improved health which will enhance the quality of your life. You have to eat the foods which will enhance your health rather than the foods which are mainly intended for weight loss purposes.

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## Chapter 10

### **All The Good That Comes Out Of Great Goal Setting Skills**

Like what is discussed in the previous chapters, this last chapter would like to remind you about the importance of having a good mindset. When it comes to goals whether it is about weight loss or not, you will see that changing your mindset is the first and most important aspect that will lead you to success. When it comes to weight loss, how can a mindset change benefit you?



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### The Benefits

Pursuing to change the way you think about weight loss will give you different advantages, including:

- Having a positive mindset will make you feel more confident – to become physically fit, you have to set your mind and forget about the usual way you envision weight loss. Changing your mindset is the first step in having an effective weight loss management plan. Without a strong-will and determination brought by positive thinking, it will be harder for you to get what you want. When you change your mindset, you will become more confident and be able to face the challenges in maintaining the ideal weight for you. In weight loss, possessing a positive mindset should be kept persistently. This will give you more confidence in maintaining the results you enjoy today throughout your life.
- Changing your mindset will lead you to a normal health condition – when you change the negative way you think about weight loss, you will find that attaining overall health is easier to achieve. Changing the way you think will not only help you achieve success in your weight loss plan, but it will also point you towards a healthier way of living.
- Changing your mindset will let you become an optimistic person – you should change the way you think and you have to become a positive thinker if you are really sincere about achieving a better looking physique. Changing the usual setting of your mind and your beliefs when it

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comes to weight loss will help you become optimistic. Optimism is a good attitude that you should possess in order for you to lose weight. Did you know that what your mind can conceive, your body can achieve?

- Changing your mindset will make you feel good – when you say you have to change your mindset, this means you have to forget your negative attitudes like pessimism as it will pull you away from success. If you really want to lose weight in a healthy and safe way, you should tell yourself that you can do it. However, words alone are not enough to help you achieve your goals. Thus, make sure that you have patience and determination. Did you know that these are two of the major keys that will help you a dramatic change in your body?



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## Wrapping Up

All of these are the benefits you can get when your mindset has been changed. As you can see, choosing to change your usual way of thinking will help you get more than the weight loss results you expect. So, what are you waiting for? You should start your struggle to change your mindset before you take the other steps in your weight loss management plan. Bear in mind that weight loss can be best achieved when you focus on your mental aspect rather than your physical aspect. No matter what happens, your mind is still the boss. Keep these things in mind and you will be sure to succeed. It may not be an easy road but it most certainly is accomplish-able, especially if you put to use the tips this book has provided you with. I wish you the best of luck and remember anything is possible!





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