

# HEART PLAN

**WEIGHT LOSS SUCCESS  
Begins in Your Heart**



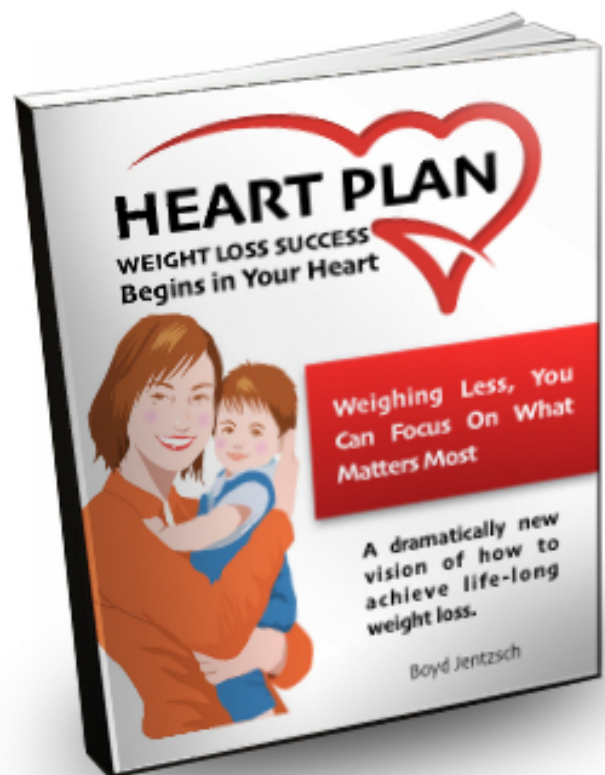
**HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart**

## **Foreword to the Book**

Permanent weight loss, the kind that remolds your body and reshapes your life, begins in your heart. When you are trying to lose significant weight, 10 pounds, lose 20 pounds, lose 50 pounds, 75 pounds or more, the challenges you face are many, and multi- faceted. It is not as easy as severely restricting your calories for several months, because that is not sustainable.

Weight control begins when you get out of bed in the morning, and ends when you go back to sleep at night. In between you will make countless choices that affect your weight. Some are obvious – like what you do or do not eat. Others are much less obvious, but still important factors in your weight loss, like how much sleep you get and how you handle stress.

Of course it's easy to lose weight if you are given a strict plan to follow, with your “personal choices and off-plan meals” to reduce the monotony. The difficulty is what to do when it becomes too expensive to eat all those prepared foods. What do you do when you hit a plateau and can't seem to break through it?



## **Getting stuck on the road to weight loss success**

Getting stuck on the road to significant weight loss happens to everyone, sooner or later. Getting unstuck, at that critical juncture, has more to do with your sense of self, your sense of self-worth, your feelings of whether or not you are worth it. Because at the moment of decision, the moment of truth about what you are going to do to continue losing weight, has everything to do with how much you want it. And that is inextricably wound up with how willing you are to stay at that frustrating middle-weight, somewhere between where you were, and where you know you ought to be.

The real difficulty, the incredibly challenging part, is after that, however. After you get to the point that you tell yourself you have lost enough weight (at least for a while), the silent challenge takes over. It is “silent” because you have stopped being on a “system” to lose more weight. You have stopped all the dramatic efforts and special routines. Now you get to go back to your daily life. And just keep the weight off. Simple. Right?

But that “simple” step in your path to permanent weight loss is precisely the step that trips up 99% of people who finally, after a lot of effort, successfully lose a lot of weight. Quite simply, LOSING A LOT OF WEIGHT IS WHERE YOU MOST LIKELY TAKE A DETOUR TO FAILURE. It is a deceptively “simple” and quiet step because nothing significant is going on. You are just leading a normal life. A life without dieting. Again.

But the weight begins to creep back up. Slowly, but surely. Studies show that nearly every person who has lost a lot of weight, especially those that have lost 25 pounds, 50 pounds, 100 pounds or more, most especially those who LOST A LOT OF WEIGHT QUICKLY, gain it all back within a year. Then they add on a few extra pounds.

## **Diets cause weight gain**

Dieting is the prime cause of weight gain. And the culprit is not just that dieting changes your body in ways that assures weight regain (which it surely does).

The future weight of your body is tied to how you feel about it today. Each day. Every day. Each moment. The battle for your body begins, and ends, not in what you put in your mouth. It's what lies buried deep within your heart.

That is good news. Because you can affect what goes on in your heart. You don't need someone else telling you what to feel, or think, or believe about who you are. You can do that for yourself. Right?

You can measure your own sense of self-worth. You can fathom your own depth of commitment. You can do it much better than a professional who doesn't know you, doesn't understand your unique history, can't grasp in any personal way what you need to do each day to win the battle to control, and reshape your body.

Your heart IS your weight loss plan.

**Your HEART PLAN is what you are doing NOW to give yourself the courage to transform your life.**

Your HEART PLAN will determine how much you end up weighing. And how long you keep it off.

If you daily touch the unique power that lies within you, that defines you, you can emerge like a butterfly, shedding the cocoon that too long defined and confined your body.

If you have given up on yourself, you won't make it far. If you truly believe in yourself, if you can feel the beauty of soul emerging from the confining structure of life that allowed you to gain all that weight in the first place, then you will make it. **YOU WILL TRANSFORM YOUR LIFE, LOSE SIGNIFICANT WEIGHT, AND KEEP IT OFF FOR LIFE.**

Then you will be led to exclaim: Where do I go from here? With my new body, my renewed sense of self, my commitment to living life differently: Where do I go today?

When you have come that far, you will have grasped the essence of your life. You will know who you are. And your life, lived every day, each moment will see a new birth of freedom. You will awaken each day with joy, with excitement.

In the end, as at the beginning, that is what weight loss is really all about: You being you. It is not about calories, or food, or diets, or meal plans. It is **ONLY**, has **ONLY**, and will always be, about **YOU** – that which lies at the center of your heart.

## Permanent weight loss transforms you

Permanent weight loss is about transforming your life from what you have been living on the outside, to what you have been feeling on the inside. It is about unleashing the beautiful, unique, creative person that has been submerged within you for too long.

Consider how you would express life differently, imagine what you would do that you are not doing today, if you lost ALL the weight you knew you should lose.

If that re-imagined life is the life you truly want to live in the future, then that is where you need to begin, today. Your new life-vision is the source of your transformative power.

Permanent weight loss, the kind that remolds your body and reshapes your life, begins in your heart. Beginning there, you will lose all the weight you want to, and you will be living *out here*, for us all to see, what you have *hidden deeply inside*, when even you found it difficult to remember it was there.

Love life. Live life. Love yourself. Be who you are. Permanent weight loss is a natural result. Your heart IS your weight loss plan.

What is in your heart today?

– Boyd Jentsch

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