

HEART PLAN

**WEIGHT LOSS SUCCESS
Begins in Your Heart**



HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart

Some NOTES on the Content of this Book.

I designed this book around what I learned from the lives and stories of our incredible ScaleDown customers – those who truly transformed their lives, as well as those who got part way there and stopped.

YOU NEED YOUR OWN PATH, AND NO ONE CAN DEFINE THAT BETTER FOR YOU THAN YOU. So, I have chosen to tell some of the lessons I learned from the experiences these customers shared with me. The insights I gleaned from them were gathered over many years, from personal meetings, calls, letters, and emails, as well as thoughtful observation. The personal approaches I learned from them can lead to you avoiding the pitfalls they fell into, and defining your own path to weight loss success.

HEART PLAN is more an anthology of introspective stories and reflections than a step-by-step guide. It is not meant as a “start here and end there” kind of book. Instead I have chosen to follow what has turned out so well from the reflections of our work at ScaleDown, and the many years of work since.



The structure of this book is to get you to read something new every day or two. The idea is for you to be faced with a wide variety of stories, reflections, thoughts and people, to spur you to think more deeply about your weight loss journey, to see it from many different, and more personal perspectives.

What I have learned is that when you begin that journey of honest reflection, step by step, turn by turn, you will find YOUR path. Then one day you will exclaim, "Eureka! I've got it!" (Or words to that effect.)

The best way for you to experience HEART PLAN is to spend some alone time, some quiet time to read the articles and chapters, one at a time. Then contemplate how it makes you think and feel about yourself. Perhaps write down some notes in a journal. That is it. Pick chapters at random. Or go with whichever title moves you. Read one at a time, or several.

Doing that regularly, the transformative thinking process will have begun. Imperceptible, at first, I have seen that it will quietly do its work, crawling around the insides of your heart and mind. You will not escape "unmoved."

Some of the material for this book has previously appeared on different blogs. Some of it has been published elsewhere. The remainder is original to this work. All of it speaks to one reality...

...that you need to work your way to weight loss success one step at a time, one thought at a time... ONE HEART MOMENT AT A TIME. You need to develop a repertoire of ideas and thoughts stored deep inside you. Many of them may not be needed today or this month or the next. The idea is to store them up inside you, so you may recall them when they are needed the most.

If you run up against something that stops your progress, it is usually too late to go and find a solution. Fear and conflict can be immobilizing. The key is having the mental solutions, the approaches, the strengths built into your heart in advance.

In a way this book is like fat. The body stores fat in case it needs it to be fed during a starvation time. This book is to give you multiple stores of mental, emotional, and

motivational fat, all to be used in good time, to “feed” you motivation when you need it the most.

What NOT to expect from my HEART PLAN book:

- HEART PLAN is NOT about the food you eat (although you will learn some new information about that) (and I have another book coming out that covers this important territory)
- The book is NOT about any particular diet plan, although it fits perfectly with any diet you may be on, and was created due to the success of the ScaleDown For Life Weight Loss Education Program (which is no longer available online as we re-tool it for a smartphone App)
- This book is NOT about checklists of things to do, or not do
- It is NOT the "Top 10" type of pop-cultural pseudo-psycho-babble
- It is NOT expert psychological advice from people who don't know you, nor your life challenges, past or present

What TO expect from my HEART PLAN book:

- Your personal journey, aided by the stories of others, to help you see alternative approaches to rethinking your weight control actions
- A challenge for you to take weight control one emotional step at a time – in-sync with your weight loss actions
- A mirror held up to you, by you, to facilitate the personal reflections needed for you to confront conflicting personal goals
- A different way to approach your “motivations,” creating new “motivations” to keep the weight off
- An elicitation of your inner-sense of self, to guide you to lasting weight loss success

I sincerely hope this book delivers to you a new sense of your possibilities. I hope it can help you pave a new road to your own weight loss success – a road entirely your own.

Most importantly, I hope that by transforming your life due to losing all the weight you know you really can (and should), you will enter more vigorously into the outside world... to contribute the uniquely beautiful creation and gifts you alone can give to us all, the gifts too often hidden by the limitations of having too much weight.

**In this troubled world, where succeeding at weight loss is not a given,
WE ALL NEED THE GIFT OF YOUR EXPRESSED LOVE.**

– Boyd Jentsch

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