

HEART PLAN

**WEIGHT LOSS SUCCESS
Begins in Your Heart**



HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart

Start Here – Finding Your Weight Loss “Why”

PART 3 of 5:

The truth is, the world doesn't need another weight loss program because **weight RE-GAIN is the number one health problem in America**. They don't address it because their weight loss programs create the weight RE-GAIN problem in the first place.

With ALL THE KNOWN SERIOUS ILLNESSES THAT ACCOMPANY EXCESS WEIGHT, those commercial weight loss programs are the cause, not the solution, of weight related illnesses. In which case you can't trust anything they are trying to sell you to put into your body. You need to steer yourself away from them...far away from them.



So what should you do?

Start with Your HEART.

Weight loss programs all start in the wrong place – your body. They quickly get you doing things to rapidly change your body. That is why, in the end, they always fail.

The RE-GAIN programs forget you have a brain. And a heart, most of all.

Foremost, permanent weight loss runs through these, the grand motivators of your life. If a program doesn't address these FIRST and every day along your path to less weight, it doesn't matter what they tell you to do.

Sooner or later you'll just quit doing it. You'll quit...which is what you and the vast majority end up doing.

Start by rejecting the outworn and unproductive idea that weight loss is all about calories. It isn't, not as the first step. Nor is it about lost pounds. **Weight loss is about your dreams.**

When you reach out to live your dreams, to clarify and discover your "WHY"... why are you REALLY trying to lose weight... not only will you likely to stay on a program, but you are much more likely to keep the weight off permanently. With that, all those who love and depend upon you will also be benefitted... the world becomes a better, more joyous space for us all, because you are fully in it.

Permanent weight loss, the kind that remolds your body and reshapes your life, **BEGINS** in your heart.

When you are trying to lose 20 pounds or more, the challenges you face are many, and many faceted. It is much more than severely restricting your calories for several days.

Weight loss 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.

Start Here – Finding Your Weight Loss "Why"

PART 3 of a 5 Part Series.

See the continuation of this chapter, in Part 4.

– Boyd Jentzsch

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