

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 5 of 5.

Committed to your WHY, you will finally cross the finish line. And every step between here and there you will find new wonder in living, a growing insight into life, delight in simple pleasures. You will discover a new you, a you that has always been there, a butterfly beginning to unfold its radiant wings. What kind of butterfly will you be?

On your road to permanent weight loss, first find your WHY.

With that bright assuredness flowing energy into your life, you will be able to discover the right way for you to lose weight, your way to trim the inches, your path to being healthier. (And you will certainly NOT need a weight RE-GAIN company to screw it all up.)

You will come to discover that
**YOUR HEART IS YOUR WEIGHT
LOSS PLAN.**



When you grasp that deep inside yourself, you will have the insight to choose the right weight loss path for your body.

Unlike your past choices for weight loss efforts, that clear understanding will not come from a desperation to find a miracle to lose weight. It will not be chosen because you have lost faith in your own judgment. It will not be because you have failed with everything else.

Your path to permanent weight loss will arise from the purpose of your new “WHY-infused” life.

With great confidence in yourself, you will know the right way to lose weight... because **you will already be doing it.**

Start Here – Finding Your Weight Loss “Why”

PART 5 of a 5 Part Series.

See the next chapters.

– Boyd Jentsch

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