

**GET STARTED  
WITH WEIGHT LOSS**

HOW TO GET HEALTHY, BE HAPPY AND LOVE LIFE

**JUDITH FREYTAG**

...a more positive attitude?

We talked about improving your mood on page 10 to improve your attitude as well.

**It just so it won't screw up your**

...and applies to so many people. You often feel angry, resentful or hurtful about their past and we can't do anything about it. There's a saying, "Face the music." That's what you should do with your past. Depending on what you need to forgive yourself for, it could be a few years, but if you confront it head-on, it won't automatically impact your entire life in a negative way. It's about the present instead of the past. A terrible mistake is to let the past be a burden that hinders you from looking forward!

...about exercise and how regular working when doing it. Making exercise tends to be more consistent if you do the same things you do. There's less chance of being inconsistent or distracted.

...she says a meal at 8:30 a.m. and other things that would put in the morning agenda. I just don't know when I know I've already done something. I will say I don't think there is generally a good time to eat. It's just a habit. I will set my alarm, but I don't know how to get myself up or excited to go to bed. I don't know, I just...

# Ebook Weight Loss

**JS Bruner**



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