

**GET STARTED
WITH WEIGHT LOSS**

HOW TO GET HEALTHY, BE HAPPY AND LOVE LIFE

JENNIFER 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. Too often they get so caught up in their past and are unable to let go. There's a saying, "Face the future." That's what you should do with your life. Depending on what you need to forgive yourself for, it may take 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 weight of the past be the one holding you back from the future.

...about about and how right working when about

...staying motivated tends to be more consistent

...of the best things you do, there's less chance of

...or decided.

...steps a week at 8:30 a.m. and other days

...and put in the morning regularly. I just

...any when I know I've already done some-

...I will say I don't think there is genetic

...it's just a habit. I will set my alarm, but

...I've been yourself up or excited to be

...and I promise, I will

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Nancy B. Kennedy



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