

YOUR BIGGEST DIET ENEMY

To shed pounds fast, control your negative self-talk!

Excerpt from Lose the Lies, Lose the Weight
The Ultimate Guide to Permanent Weight Loss by Laurie Bell,
<http://www.losethelieslosetheweight.com>

A wise old man repeatedly told me there was no such word as “can’t.” I would argue with him relentlessly insisting there was such a word. I was only a child so I had to rack my brain to think of things one really couldn’t do. I thought of a few far-fetched things like, “You can’t live forever. You can’t live without water.” Or, “You can’t fly on a magic carpet.”

The old man would reply, “You can do anything you set your mind on. You can do anything others have done. You can accomplish things no one has before.”

From my earliest memory at 5 years old, I would get exasperated with this old man. Deep down, I knew he was onto something. Even though I didn’t fully understand what he was trying to teach me, not giving up and desiring to succeed became a part of who I am today.

This old man can no longer guide and direct me along life’s paths. He died at 86 years old. He was my father, Roger Wallace Lee. Dad taught me success requires an unwavering belief in yourself plus determination to reach your goals.

To lose weight, you must believe in yourself and be relentlessly determined. You’ve failed at weight loss repeatedly because you believe you can’t lose weight. You always get what you expect to get. Eliminate “can’t” from your thinking. Success is a result of “can” thinking.

ELIMINATE CAN’T FROM YOUR THINKING

Overweight, frustrated men and women always tell me, “I can’t lose weight.” Or, “If I lose weight, I’ll probably gain it back.” Hello? Is anyone home? After reading this far, I’m sure you know wherein the problem lies. Do you hear yourself with these negative, self-defeating thoughts?

How many times have you told yourself, “I can’t lose weight?” Would you say a hundred times (a day), a thousand times (a week), a million times (a year), maybe more?

The reason you haven’t been successful at permanent weight loss is you believe you can’t be. You feel it’s just too hard. You would like to lose weight but only if it were easy. How in the world can you expect to succeed when you repeatedly affirm you’ll fail?

From this point, don’t think or say can’t. Can’t is a failure promoting word. Thinking you can’t do something means you’ve given up before you start. Believing you can’t assures you won’t even try. Believing you can’t gives you a prime excuse to fail.

Try saying, “I can lose weight.” Just saying those words opens your mind to an exciting possibility. Wow, what a concept—believing you can succeed at weight loss! Believing emphatically you can lose weight is the mindset you need to succeed.

ELIMINATE DON’T FROM YOUR VOCABULARY

Don’t is another failure promoting word as it relates to self-discipline. How many times have you told yourself, “I don’t have self-discipline?” I know the answer! You’ve told yourself you don’t have self-discipline enough times to truly believe it.

Self-discipline begins with the belief you have it. To change your belief, repeat hundreds of times daily, “I have self-discipline. I have self-discipline. I have self-discipline.” Logically, you’re more likely to develop self-discipline by repeatedly affirming you have it than by repeatedly affirming you don’t have it! By changing your internal beliefs, your outward actions will follow.

YOU CAN CHANGE YOUR “I CAN’T LOSE WEIGHT” MINDSET

If someone gave you \$1,000 for every pound you lost, plus \$100,000 a year to keep those pounds off, would you still think, "I can't lose weight"? Let's up the ante. How about \$10,000 for every pound you lost, plus \$1,000,000 a year to keep the weight off? With a cash payout, you'd quickly change your attitude about your ability to lose weight and keep it off.

Though the money is hypothetical, you will win—big—when you take control of your fitness. Having excellent health and an awesome appearance is worth at least \$1,000,000! Treat your body well. After all, you can't trade it in like a used car.

If the monetary approach doesn't make you believe you can lose weight, try this: Think of someone you love. If you had to lose weight or a loved one would die—would you change your attitude about not being able to lose weight?

IS IT HARDER TO LOSE WEIGHT OR STAY FAT?

When you think about giving up certain foods or going to the health club, you quickly decide, "It's too hard." It isn't! After you develop the habit of eating healthy and exercising, you'll feel great.

There is no food in the world that tastes as good as a beautiful and healthy body looks and feels. I've experienced both fat and fit. Fat feels awful whereas fit feels tremendous! Indulgence is never worth it. Overeating always leaves you feeling lousy and fatter.

Never become jealous when others indulge and you don't. Just think, "Tomorrow, they'll look worse whereas I'll look better." You have to think this way in our food-obsessed society. People are out of control with their eating.

Success follows determination. You can lose weight. Millions have. You can change your eating habits and get moving. I know it can be done because I did it. I'm just an average person with above average determination.

Picture yourself with a healthy, lean, and beautiful body. Imagine feeling enthusiastic, energetic, and excited about life again. Imagine getting compliments on your figure by those in awe of your tremendous accomplishment. Picture success.

For a million dollars or the risk of losing a loved one, you would quickly make a change in your eating and exercise habits. You can lose weight permanently. I'm here to help you. I know you haven't tried everything. That is the topic of Chapter 6 in *Lose the Lies Lose the Weight*, <http://www.losethelieslosetheweight.com>.

About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of *Lose the Lies, Lose the Weight*, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read *Lose the Lies Lose the Weight* by Laurie Bell. No hype. No fad diets. No excuses.

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