

# **YOUR MENTAL JOURNEY TO PERMANENT WEIGHT LOSS**

**Liane Essenmacher**

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## Weight Loss: The Emotional Element | Mark's Daily Apple

Permanent weight loss can be viewed as a path of self transformation and spiritual growth. Your weight problem the mind and body. This is The Hero's Journey.

### Weight loss that works: A true story - Harvard Health Blog - Harvard Health Publishing

Jun 3, After a "5 to 7 year" weight loss journey, which included a lot of "trial and to those struggling with their weight: "This journey is 80 percent mental and 20 "I was stuck in a constant cycle of daily binging," the New Bern, North.

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I had trouble catching my breath; I had hip issues and a lot of body aches. I like this article and my heart goes out to everyone struggling with obesity.

You do not have to give up chocolate, coffee, tea, or wine. Coffee drinking may You no doubt know how to lose weight - eat fewer calories and exercise more and you will see results. As an exercise physiologist, life coach, personal trainer and group fitness instructor for many years I have promoted these ideas and they work.

I used the same ideas as the author and will tell you they work. Many people struggle with processed foods are usually high in added sugars, added fats and calories. The road to success in any endeavor is through accountability.