

**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. You often feel angry, resentful or hurtful about their past and use it to define the future. 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 may take 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 emotional baggage from the past weigh you down and keep you from looking forward!

...about dreams and how right working when doing the things you love tends to be more consistent than the things you do when there's less of a chance of being motivated or inspired.

...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 "just a habit." I will set my alarm, but I don't know how to get myself up or excited to go to work and I generally, I just...

Ebook Weight Loss

LL Leslie

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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