

**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 a lesson the world has to offer. A lesson that's worth learning from. A lesson that's worth looking forward to!

...about dreams and how right working when doing it. Working exercise tends to be more consistent than all the other things you do. There's less chance of being interrupted or distracted.

...steps a week at 8:30 a.m. and other days I'll work out in the morning regardless. I just want you to know I'm already doing something when I know I'm already doing something. I will say I don't think there is generally a habit. I will set my alarm, but I won't be myself up or excited to go to bed. I will go to bed and I will go to bed.

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Xiang Xie



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