

**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 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 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 weight of the past be a burden that keeps you from looking forward!

...about dreams and how right working when about the morning routine tends to be more consistent than all the other things you do. There's less chance of procrastination or distraction.

...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 genetic predisposition. It's just 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 at 10:30 p.m. and I will get up at 6:30 a.m.

Ebook Weight Loss

John Murtagh



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