

**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 see them 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 in 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 meant to help you move forward!

...about dreams and how right working when doing the things you love tends to be more consistent with the things you do. There's less chance of burnout or boredom.

...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 done something. I will say I don't think there is generally just a habit. I will set my alarm, but I'll be sure I'm up and ready to go. And I promise, I will...

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Dr Max Pemberton, Dr Courtney Raspin

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