

**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 keep you from looking forward!

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

...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 done something. I will say I don't think there is genetic predisposition. I'll let my alarm, but it's just a habit. I'll let my alarm, but I'll let myself up or expect to be up and I promise, I will...

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