

**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
...being grateful or thankful about their past and use
...to the future. There's a saying, "Face the
...of it." That's what you should do with your
... Depending on what you need to forgive
... amount of years, but if you confront it head
... it automatically impact your entire life in a
... the present instead of the past. A favorite
... it's because the emotional is bigger than the
... time looking forward!

...about dreams and how right working when about
... morning exercise tends to be more consistent
... of the best things you do, there's less chance of
... amount or duration.

... She's a real at 8:30 a.m. and other days
... and put in the morning regardless. I just
... why when I know I've already done some-
... I will say I don't think there is genetic
... it's just a habit. I will set my alarm, but
... I've been yourself up or excited to be
... and I promise, I will...

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