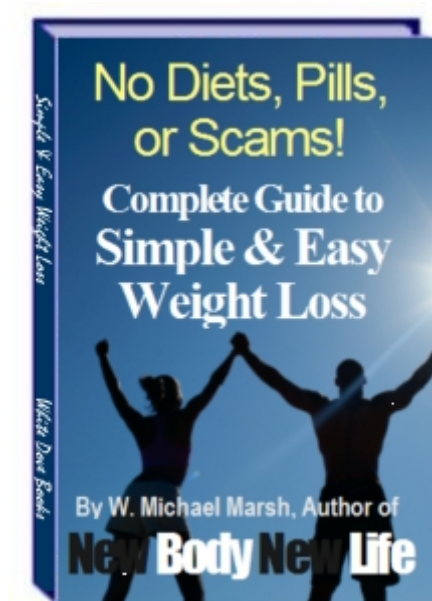


Simple & Easy Weight Loss

by

W. Michael Marsh

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No Diets, Pills, or Scams!

The Complete Guide to

Simple & Easy

Weight Loss

By W. Michael Marsh, Author of



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Introduction

Congratulations on being open to an exciting, new chapter in your life.

Before we get started I wanted to encourage you with my experience ...

When I was in my teens, I never worried about my weight - I could eat "whatever" without a second thought. However, that changed - and without me even noticing.

In my early twenties, I lived on my own for a few years. I didn't own any furniture, let alone a bathroom scale. Before I knew it, I was just a few pounds from being considered obese. [For men, that's an extra 25% of body fat.]

That started a weight loss and gain cycle that lasted for the next 30 years. I probably lost- and gained back over 300 pounds. I suppose that's the reason I never became extremely heavy- I kept trying to lose weight over and over. For some reason, carrying extra fat always bothered me- a lot more than some people I suppose.

It wasn't so much as how I looked, as much as how it made me feel.

Some people don't seem to have a problem with being overweight, but for me, it was a self esteem issue. I felt like other people saw me as lazy or undisciplined [and it made me feel that way a lot of the time too].

So I'd try to lose weight. Sometimes I would give up in a few days. Other times I would succeed for three or four months. But without exception, the weight ALWAYS came back on.

That is, until I got a wake up call at age 49, and I became determined to do more than lose weight. I made up my mind I was also going to do something more with *my life*.

For reasons I can't totally explain, it's become my mission to spread that word that anyone can have the body and life they always wanted- without giving the money sucking diet and weight loss industry another dime.

[There's just something about people that exploit the emotions of the naive and vulnerable for profit that REALLY bothers me. And when I see bogus web sites or fake diet blog authors telling women nothing worked

until they "discovered" Acai or Hoodia, it makes me all the more determined to get the truth out.]

Sure, I *could* tell you that all you have to do is pop a magic pill from Africa- and all your excess weight [and weight related health problems] would disappear.

But that would be a lie.

And you know what? I could make a lot of money by lying. All I would have to do is buy a few pictures of skinny fitness models [with tape measures around their waists] make up some phony testimonials, and hopefully bill your credit card three or four times before you gave up.

So even though I might lose a few people here that are looking for "magic weight loss secrets," helping the people that are ready to change [and maintaining my integrity] are more important to me than money.

Exposing scams and telling people there is hope gives me a purpose. [And trust me, you don't work 12 to 16 hours a day at something unless you're passionate about it.]

Bottom line, I understand where you're coming from. **I failed at this for 30 years.** I am not a fitness professional, I don't work out for a living, I'm a regular person with a real [busy and demanding] life- just like you.

Weight loss did not come easy or natural for me.

The ONLY thing that made it easy was when I took the time to *learn* how to lose weight.

And now that I have it figured out, that's exactly what I'm going to share with you.

No scams, no pills, no shortcuts, no diet or weight loss products to buy. Nothing except what's missing from much of the weight loss industry- the truth.

At first, we'll discuss what to do, then we'll talk about how to do it. In the final lessons, we'll discuss why when you get a "new" body, you really do get a "new" life in the process.

And yes, it can happen faster and easier than you imagine ...

Let me tell you about a typical "weight loss mode" day: I wake up and help get my kids off to school. Then I hop on a fifteen year old stair stepper machine for about 20 minutes [in bare feet wearing old sweat pants]. I do this while reading my email and surfing the Internet. Then a little later I eat breakfast, then in a couple more hours I'll eat again, in a few more hours I'll have lunch. Then I have a mid afternoon snack, then dinner. Then I'll eat one or two times after that.

Look at what I did. Does that sound impossible- or even all that hard to you? I don't own any fancy weight loss equipment. I don't belong to an expensive gym. I eat about every two hours- so I'm never hungry. All the while I'm working at least 12 hours a day- and taking care of a family.

All I did is what you're going to do.

So relax and don't worry. You can easily learn how to do this too. I promise, once you give up on the fads, scams, and shortcuts; and just take your time and learn how to do this right, the same thing will happen to you that happened to me:

You will wonder how you ever made weight loss so complicated in the first place.

Don't forget the best part: Losing weight does more than transforms your body, it transforms your life.

Chapter 1 – After 30 Years of Failure

As I mentioned, after 30 years of failure, the only thing that finally made weight loss easy for me was when I took the time to learn how to lose weight in a way that easily fit in with my daily life.

I learned not to try to go hungry [I don't have the will power]. I learned not to try running [I had leg braces as a child and running hurts my joints]. Here's where the learning process started: I took an honest look at the habits that were causing me to gain weight- and I learned how to change them to new habits that caused me to lose it.

That was all I did. I guarantee I'm no smarter or better than you in any way.

You see, it does not matter exactly how you lose weight, there are endless ways to go about it that will work [because there is an endless variety of physical activities that will speed it up- and there is an endless variety of healthy foods to choose from].

Don't let anyone try to sell you something to lose weight. The two out of three Americans that are overweight or obese have already proven the giant diet and weight loss industry has totally failed us. All their fad diets or useless shortcuts do is make weight loss harder- or impossible. Why? Because they never address the real problem: The daily habits.

Don't make weight loss hard or impossible. Make it easy. Go about it the way it actually works. The laws of the universe never waver. You do something the way it's guaranteed to work- and you're guaranteed to succeed.

It really does become that simple, once you learn how.

The reason you have to learn how to lose weight is this: Everyone is different. Everyone has different likes, dislikes, natural abilities, and strengths and weaknesses. That's why my exact way of losing weight won't work for you. You have to learn the way it works for you.

Can you ride a bike without learning how first? Weight loss works the exact same way. It's a little awkward at first while you're learning.

However, once you take the time to learn- it's easy! And then you know how for the rest of your life.

The real "trick" is to learn how to lose weight in a simple and easy way that fits in with your life. No special diets, trying to go hungry, or trying to force yourself to do physical activities you hate.

The first step is the honest look. You have to take a mental time out- and see things as they really are. Let's say you have a thing for junk food [like I used to]. While eating a lot of junk food won't make weight loss impossible, it will make it much harder than it has to be.

If you flat out refuse to see that habit as slowing or stopping your progress, you're going to make losing weight so difficult that you'll likely give up.

You have to see your habits as they effect your life. You can't fix what you refuse to see. The more habits you see and fix, the faster your weight will come off.

This is how weight loss is made incredibly fast and easy. It's all in the daily habits. Everything you choose to do will help you, or hurt you.

For example, right before I went to bed, I used to have a great big bowl of cereal. I learned that eating all those carbs right before I went to sleep was making me gain weight.

Rather than ignore reality and say "no one's gonna tell me I can't eat cereal, I just ate something else that filled me up without all the carb calories.

See how easy that was- and see how it's all in the little daily habits?

I didn't try to go hungry. I didn't try to go for a five mile run before bed. I just tweaked one little habit.

That's all you're going to do. And again, the more habits you "tweak" the faster and easier your weight will come off!

If you want to make weight loss as fast, easy, and simple as possible, you must change what does not work, over to what does.

You can't keep doing the same old things and expect a different result. That's impossible. Don't try the impossible. The impossible will make you give up in frustration. Go about weight loss the way it works in reality and it becomes faster and easier than you can imagine.

Acknowledge in your mind that weight loss only works ONE WAY: You need to use more calories than you consume. Since NOTHING else will work, don't try anything else.

This is the part where many people fail before they even get started. They don't want to take that honest look. Most people don't want to hear about changing their habits. They don't want to be told an apple is better to eat than a donut. But since most people fail at weight loss...

You don't want to be like most people.

You don't want to do what everyone that's failing is doing. You want to do the opposite of the failures.

I repeat: Simply doing what works is what makes it fast and easy.

In future chapters, we'll learn what habits make us gain weight. Then we'll learn what habits make us lose weight.

Then comes the important part. We'll learn how to make those new habits a simple and easy part of your "new" life. And make no mistake, when you take the time to learn how to choose your weight down to the pound, you don't just get a new body, you get a new life as well.

Chapter 2 – Ditch the Short-Cuts

When you ditch the short cuts and scams, weight loss becomes fast and efficient for the simple reason you are going about it the way it's guaranteed to work.

To go about it the way it works, you have to honestly acknowledge it only works ONE way [the creation of a calorie deficit] and most importantly, you have to honestly acknowledge what habits you need to "tweak" to create that deficit [that easily fit in with your daily life]. Meaning you have to learn how to lose weight the way it's simple and easy for you.

So in order to "tweak" those habits, you need to know which ones need the tweaking. And that's what we'll discuss today. In my very humble opinion, the way to make weight loss easy, is to keep it as simple as possible. [I think that's why most people fail on diets that make them count or track portions, points, or calories; no one wants to go through that much hassle for the rest of their life.]

To make weight loss as simple, fast, and as easy as possible here's all you really need to know:

All you have to do is treat your body the way it was designed to be treated.

If you just do that, your body will heal and repair itself- and your weight will pretty much take care of itself too.

I know that sounds simple, however, **you are now at a very important crossroad in life.**

I repeat, simply treating your body the way it was designed is the fast and simple route to weight loss. Again, you have to be willing to do what works in reality.

Now if it's that simple, why do so many people fail? They refuse to do what works. They try things that will never work [pills, herbs, teas, patches, etc.] Or they try things that could work [diets, going hungry, gruelling workouts, counting points, etc.] but are too difficult to do for very long.

Treating your body how it was designed and creating a small daily calorie deficit is easy once you learn how to do it in a way that fits in with your everyday life. As you can see, that treatment is all in the habits. [We'll get into how to change habits later. Before you do what works, you need to know what actually does work.]

Okay, how was your body designed to be treated? What will make your excess weight seem to fall off- and make you feel like a brand new person?

Eating natural foods and challenging yourself physically.

Again, it really is that simple. And again, it doesn't matter exactly how you treat your body the way it was designed- what matters is that it's the right way for you.

Meaning, you eat the natural foods you like, and you do physical activities that you like- that fit in with your life. [We'll talk more about the physical activity part later.] Here's something few people realize when they buy some "special" diet or work out plan: Your body doesn't care how you create that daily calorie deficit- all it cares about is being treated according to its design.

[I think that's another reason people fail when they try to "get in shape." They attempt diets and work out routines designed by young fitness professionals that don't know their life.]

Don't try to adapt your life to someone else's routine. Keep it easy- keep it simple. Weight loss itself is not hard- trying to ignore basic laws of nature is what makes it hard. You can't expect to feed your body foods it was never designed to be fed [and never use it physically] and expect it to be thin and healthy. That CAN'T happen.

Let's talk about the food first. Think about your car. Do you EVER put anything in it besides gas? And why not? Because you know you'd ruin it.

Well, your body is a machine, just like your car. If you don't treat it the way it was designed to be treated...

Sooner or later you're going to ruin it too.

Before you get discouraged, I want to remind you: You never have to go hungry. Remember, I eat six, sometimes eight times a day. You don't have to take up marathon training. I spend twenty minutes a day on an old stair machine.

The reasons weight loss is now so easy for me is this:

After 30 years of denial- I FINALLY just did what works: I took an honest look at the habits that were causing me to gain weight [like never getting off the sofa and eating a bunch of processed foods] and I changed those habits into new ones that...

Were nothing more than treating my body like it was designed to be treated.

That's all there is to it. And the really amazing part is this: When you finally decide to do what works, it works amazingly fast. And seeing things as they are- and deciding to do something about them- gives you an incredible new life changing skill set.

That's why when you get a new body- you really do get a new life too.

If you know how to change your habits, and you know what to change them to, get started today and there's no way you can fail. If you need a little help, read my [New Body New Life](#). The principles are the same, it just goes into a lot more detail than the “Readers Digest” version you have here.

Chapter 3 – Permanent Weight Loss

By now you know permanent weight loss is simple once you learn how to go about it in a way that works for you. It's nothing more than acquiring the habits that are proven to work. And what are these habits in a nutshell? Nothing more than treating your body the way it was designed to be treated.

You should also know this works the same way for everyone.

Young, old, man, women, doesn't matter. Regardless of who you are or your personal circumstances, weight only comes off ONE WAY. You have to create a small daily calorie deficit. And the easiest way to do it is to make it the type of deficit that you can personally live with.

Since food is the number one culprit in weight gain [or loss] that makes it the number one tool that you need to learn how to use to your advantage. This may sound simple, so don't miss it:

More than anything else, your food habits determine weight loss success or failure. You could run a marathon a day, and if you eat too much of the wrong foods, you'll still get fat! On the other hand, if you eat the right foods at the right time, you never have to go hungry while losing weight.

Here's how this works: You do NOT go on a "diet." Diets have been proven not to work a million times over. Remember, the reason they don't work is no one can eat special diet foods, or count calories, points, carbs, portions- or whatever- for the rest of their lives.

In order to succeed at this, what causes you to lose [and then maintain] weight has to part of your normal everyday life. In other words, you have to like what you eat. It can't be "special" diet food. It has to be the food you choose and prefer to eat. Remembering what foods to eat is easy [the natural ones you like to eat].

The REALLY IMPORTANT PART is making eating them part of your normal, everyday life. Meaning, you need to change your food habits from what you should eat, to what you want to eat. [We'll get to how to change the habits later.]

Make no mistake, if you want to succeed at this in the fastest and easiest way possible, that's what has to happen. If you decide to eat the right foods only for now [that is only until you lose all the weight you want] what do you think is going to happen if you go back to eating the old foods that made you overweight in the first place?

The "trick" is to know this can't happen by itself. You have to help make it happen. A pill isn't going to make it happen. A tea, herb, patch, or lotion isn't going to make it happen. You're going to make it happen.

Remember step number one? You have to take a honest look at reality and be willing to do what works in the real world. And this is what works. You can try and fight this one, but all that's going to happen is you're going to make weight loss impossible- or so difficult that you give up.

The fact is your body can't run right if you try to feed it food that comes from a factory. You can't fill it full of donuts, chips, soda, energy drinks, candy- whatever- and expect it to run right. It won't. It can't. It's impossible.

I repeat once more: If you want to lose weight easily and quickly- don't attempt the impossible. Eating natural food is not impossible- it's just a new [and better] habit. And the more natural foods you eat, the simpler and easier weight loss will be. [And the better you will feel. And the sooner you will have your new body and new life.]

In the next chapter, we'll discuss in more detail how to use natural foods as your number one weight loss "tool." And as I mentioned, how to "change over" so natural foods become the foods you prefer to eat.

This is where the "learning" how to lose weight comes in. Some people can say "I need to eat natural foods? Okay, no problem." Other people [like me] might have a hard time giving up some processed foods. [It doesn't help that the companies that want us to buy processed foods spend billions on advertising.]

Chapter 4 – A Quick Recap

Let's do a quick recap of how to get a new body [and new life] in the fastest and easiest way possible.

You must get honest about what actually works. And the ONLY thing that works is creating a small daily calorie deficit. It does not matter how you create that deficit [as long as you do it safely.] The easiest way to create that deficit is by making small adjustments to your normal routine. Attempts to make big changes like eating special "diet" foods or starting a gruelling workout routine are too difficult for most people to stick with.

Food [not activity] plays the biggest role in weight loss. And the way to make weight loss as fast, simple, and easy as possible is to eat what your body was designed to eat; which is natural food.

Let's pick up where we left off: How to use natural foods as a weight loss "tool."

As I've mentioned, I eat 6 to 8 times a day. I never go hungry. [I don't have the willpower, so I don't even try.] The ONLY thing that let's me eat that much food [and exercise so little] is the fact that I eat natural food about 99% of the time.

I have a rule, if it comes from a factory, I don't eat it. [I only have a few exceptions to this rule, things like protein shakes or protein bars.] Now don't get me wrong, I never used to eat like this. I used to have chips, candy, donuts, soda- you name it- pretty much every day. That's why I was overweight. As I mentioned last time, your body can not run properly on foods it was not designed to run on, it's impossible. And what do we never want to do since it won't work? Attempt the impossible.

Let me give you an example of some weight loss foods versus some weight gain ones:

Breakfast: Oatmeal, eggs, fruit bowl, sausage vs. donuts, coffee, croissants

Snack: Apple, orange, vs. candy bar

Lunch: Grilled chicken salad, tea vs. Cheese burger, fries, coke

Snack: Peanuts, raisins, cheese, vs. chips, energy drink, twinkies

Dinner: Steak, shrimp, fish, potato, corn, vs. fried chicken, battered fish, pudding

Snack: Cottage cheese, grapes, pickles, vs. surgery cereal, ice cream, white bread

See how simple this is? It's nothing more than natural food vs. processed food. I think you will find out that if your diet is mostly natural food- you can eat more than you used to.

Why? Two main reasons: Natural foods are what you were designed to run on. And two, many processed foods have a high calorie density. [A lot of calories in a small serving.]

Let me give you an example with something I used to have a problem with: Pepsi. If I drank two or three Pepsi's a day, that's like an extra 600 calories. If I replace those Pepsi's with iced tea, I just cut out enough calories to lose about a pound a week- with no other changes to what I eat.

Weight loss is simple! It only works ONE WAY. We're the ones that make it hard or impossible by refusing to do what works. You can look at that list of natural foods vs. healthy foods and say "There's no way I can ever give up my daily candy bar." And that's your choice. [I used to feel the exact same way.] All I can tell you is this, the "cleaner" you eat, the more you can eat- and the faster you will lose weight.

I now know it doesn't matter what I eat, as long as it's natural. And I don't worry about the amount, I eat until I'm full. That's what so great about natural foods! You NEVER have to go hungry. [And before long, you feel like you're nineteen again.]

You have some decisions to make.

If you've taken that honest look, you'll know what habits you need to change. The laws of nature apply to weight loss too. You refuse to change any habits, nothing will happen. The more habits you change, the faster things will happen.

It's totally and completely in what you choose to do.

You know the old saying "The future is in your hands." No where is that more true than with the care of your health. You can choose to make some small changes, and you'll see small results. [And that's okay if that's what you really want.] Or you can choose to make major changes and see major results. No one can make you do it, you have to want to do it for yourself- and your future.

Take my advice here, don't fight reality. Let food do 95% of the weight loss work for you. Is eating healthy [and if you want to speed things up even more, getting active for around 20 minutes a day] really all that hard or impossible?

No, it's just what you've gotten out of the habit of doing.

The little "habit changes" are what add up and make the weight come off with what feels like minimal effort. You never try to go hungry. You don't make food work by tracking or counting what you eat. You eat what you like- and more than you used to! What lets you do that is eating better- better meaning natural.

Now I want you to know that switching over to natural food from junk food was hard for me. Since the habit changing part is the most critical, we'll devote a special chapter to it. [I guess you could say my "specialty" is telling people what works- then explaining how to change their habits to what works.]

Chapter 5 – More About What Works

Let's learn more about what works when it comes to food, before we learn how to make it work. [In other words, let's get a better understanding of what habits to change, before we focus on how to change them.]

Never forget the number one law of the universe that will NEVER change: The BEST way to make weight loss easier is to eat natural food. Don't try to ignore or bend that law- use it to your advantage! Eat natural food- and keep an eye on calorie density.

[Remember, calorie density is nothing more than having a good idea of how many calories are contained in the natural foods you eat. If you want to lose weight as quickly as possible, what you do is eat fewer calorie dense foods- and more bulky and fibrous ones- especially when you're hungry.]

Let's say you get hungry around bedtime [like I do] as you may know, this is the worst time to eat a lot of calories because you have no chance to burn off those calories when you go to sleep. Since they can't be used, those calories have to go someplace. And the only place they can go is into fat storage.

So what you don't want to do is eat a large amount of calorie dense foods [especially carbohydrates] right before bed, a nap, or any time you're not going to be very active. However, since you don't want to go hungry, you need to eat something. And the best "something" is food that will fill you up without a lot of calories- bulky foods such as fruits or veggies.

This is why you never see fat vegetarians! They get full on bulky plant foods before they pack away too many calories. When I was in weight loss mode and was hungry, I just got in the habit of reaching for some fruits or veggies first. Again, that's the "trick." You change the habits.

Do you see how simple this can be? All you have to do is what works in reality. You never try to go hungry. You never "deprive" yourself. You just patiently go about what actually works. That weight did not come on in two weeks, it won't come off that fast either. However, if you create a small daily calorie deficit through your own everyday routine, all the weight you want to lose will come off- it has to.

Make it easy! Eat natural foods- and eat the ones you like. Don't attempt to eat bland "diet food." No one can do that forever. Fill up that grocery cart, frig, and pantry with eggs, cheese, nuts, rice, beans, lean meats, fruits, veggies, etc. Natural food choices are endless. This is the way people were designed to eat. You can fight that design all you want- and all that's going to happen is you'll make weight loss hard- or impossible.

Let me share a few tips that worked when I was trying to change my habits:

I learned my self discipline went right out the window when I was hungry. Rather than try to fight that hunger, I just made sure I had natural foods to snack on. Once again, I took an honest look at what was causing me to gain weight- and I addressed the habit in a way that I could easily live with.

Since no one grows their own food anymore, it all starts with shopping. If you keep buying man made and over processed foods, all you're going to do is drag out the process of changing over your habits- and make weight loss much harder than it has to be.

Here's a few more ways to use food as a weight loss tool:

Eat your carb heavy meals early in the day- the earlier the better. You need the energy from carbs, but you don't need much when you're sleeping. The later it gets in the day, the more your metabolism slows down. When I was in "weight loss mode" I made it a habit to never eat any calorie dense carbs after 6 pm. Since I never wanted to go hungry, I simply replaced those carbs with protein foods [meat, eggs, fish, protein shakes, etc.] or bulky carbs that had few calories [fruits or veggies].

Again, all I did was the only thing that works: I took an honest look at what would make me lose weight- and here's the critical part- actually did it. However, I didn't try the impossible for me [like trying to go hungry] I did what was easy for me [ate foods I did like that didn't have a lot of calories or carbs].

In the next chapter, I'll share more "make weight loss easy" tips and we'll get into the important part. How to change the habits.

Chapter 6 – The Shortest Path

We've covered a lot of material, so again, let's recap on the shortest path to a brand new body and life:

Honest look. You have to do what honestly works in the real world. If you try to lose weight by using shortcuts like diet products- or you don't stop eating junk food- you're only wasting precious time. Weight loss only works one way [you have to create a small daily calorie deficit] if you don't do that, it's impossible to make progress. And what do we never do? We never attempt the impossible.

Let food do the work. Eat natural foods. Foods that come from a factory are not what your body was designed to run on. You can't run right on them, it's impossible.

A physical challenge. You don't HAVE to get active, but if you do, weight loss will be made about 100 times easier. Why? Just like with food, all you're doing is treating your body the way it was designed to be treated.

Since we've mostly talked about using food as a weight loss tool, let's switch gears here and talk about using activity.

Here's the most important thing to know about getting active:

Activity [or exercise] is relative to the individual.

It works just like food. To make eating "easy" you eat the natural foods you like. To make exercise "easy" you do the type of activities you enjoy.

Just like it doesn't matter what natural foods you eat, it doesn't matter what exercises you do. All that matters is that you challenge yourself five or six days a week. I repeat, that challenge is relative to where you are in life right now.

If you're older or out of shape, then you start with walking. You can work up to a bigger challenge later. All that matters is that you get started doing something. Walking, running, swimming, weight lifting, tennis- it does not matter. All that matters is that it's a challenge- and you get into the habit of challenging yourself everyday.

My challenge is using an old stair machine. It's easy on my old joints. I can stay inside where it's cool, and I use my computer at the same time.

What challenges you is totally individual. And you need to take an honest look here too. Golf, bowling, fishing- don't count. Your body was designed to be physically challenged on a daily basis. [Ideally, you want to do something that challenges your heart three days a week- and something that challenges your skeletal muscles three days a week. And don't forget to talk to your doctor FIRST. Especially if you haven't been active in awhile, or are over 40.]

What's the bottom line to fast and easy weight loss? Don't fight your design.

Fighting your design does NOT work. Use the design to your advantage. When you do nothing more than what you should be doing [treating your body the way it was designed to be treated] you will lose weight, look better, and feel better than you have in years.

What I say on my web site [www.MyNewBodyNewLife.com] is true: Everything becomes better. From weight loss, to moods, to sleep, to disease prevention, to mental capacity, to faster healing from injury, to longevity- everything in your life will get better.

The best part is, you're not attempting something all that hard. You're just going back to what you never should of stopped doing. Eating healthy foods and getting in some daily exercise might feel a little hard at first- only because you're not used to it.

Once you make it a habit, I promise you will feel so good, you will NEVER want to go back to how life used to be.

The trick is making your "new" life a habit.

Many of us became overweight because we got in the habit of eating the wrong foods- and stopped challenging ourselves physically. As simplistic as it sounds, only ONE thing will work: Stop doing what makes you gain weight- and start doing what makes you lose it.

Do what is guaranteed to work- and you are guaranteed to succeed.

You have a decision to make. Do you want a new body and life? If you're not sure, then wait until you're ready. If you try this without really

wanting to change, no changes will happen- and no change makes you never want to try again.

That's the worst thing that can happen.

If you clean up your diet and start challenging yourself physically, change will happen. And the more changes you make, the faster you'll see results.

A scale and mirror are all you need. If the scale goes down, just keep doing what you've been doing until you lose all the weight you want. If the scale is going up or not budging; you only have two choices: Eat less calories [not less food- less calories] or get more active. If you want the scale to change faster- do both.

All in the habits.

By now you should have a good idea what to change your habits over to. If you can change them on your own- get started. If you need help changing some habits, here's how it works:

First you identify the habit [or habits] you need to change, then you identify what habit you're going to change it to. For example, I had a bad habit with soda. For a long time, I told myself that those daily sodas were no problem.

I justified drinking them with every excuse I could think of: The caffeine will help me to work longer, a little bit of sugar is no big deal, soda was a special "treat" that I "deserved."

Those were all lies.

All those lies did was keep me from taking that honest look. And not taking an honest look slowed or stopped my weight loss progress. The TRUTH is, soda is not something my body is designed to run on. An honest look told me that I needed to change that habit to drinking water.

My next honest look made me realized I never challenged myself physically. Again, a habit that made weight loss hard- or almost impossible. I had to change my inactivity habit over to an activity habit. To lose all the weight I wanted, all I had to do is what I've been telling you to do:

I had to see my habits as they were- and I decide to change them. Changing some habits were easy, changing others were challenging. However, when I finally did nothing more than treat my body the way it was designed to be treated, my weight came off pretty much automatically. And I felt just the same at 50 as I did at 20.

All in the habits.

In the last chapter, I'll share some specific strategies on how to change habits. And if I can change 30 years of bad habits with no special skills or smarts- know that you can too.

Chapter 7 – A Bit of Encouragement

Let me share a few more encouraging words from my own experience...

When people see my picture at www.MyNewBodyNewLife.com here's their most common question:

"Did you stick your head on someone else's body?"

I consider that to be a compliment. However, when I finally convince them that's really me, here's the next thing they say: "How did you do that?" And I tell them the truth. "I didn't buy or do anything special. All I did was eat right and get some exercise."

Because that's all I did.

And you can do that too, right?

Don't forget, I'm as "regular" as a person can get. I've never been an athlete [I was always the kid picked last in gym class] I have average smarts. I have an extremely busy schedule. I don't have any special self discipline skills. Anyone can get a new body and life if they simply do what works.

Remember what we discussed?

You need to treat your body the way it was designed to be treated. Which is nothing more than eating right and getting some exercise. Doing that is nothing more than changing your old unhealthy habits over to new healthy ones.

This is why you need to learn how to lose weight. And that's why succeeding at this will open up an entirely new chapter in your life. When you get right down to it, what you're going to do is take something that's an issue in your life- and learn how to fix it.

And that's where the life changing "magic" happens.

Why are simple weight loss habit changes so profound? Because the emotions that govern short term gratification [the ones that tell you to eat poorly and never exercise] are very powerful.

And when you learn to control these emotions, the discipline is there to accomplish whatever else you want in life.

That's what I mean when I say learning how to get a new body- really does teach you how to get a new life. You already know what you need to do. Knowledge is not the problem, putting that knowledge into action is the problem.

Okay, let's get to it. How do you change the habits you need to change to succeed?

First you identify the habit [or habits] that are stopping or slowing your progress. [Remember, you can't fix what you refuse to see.] Then you decide what you're going to change that habit to. Then you find a thought [or thoughts] that is more powerful than the thoughts that are telling you to keep the old habit.

This is why losing weight [and gaining control over your life] is so individual. No one but you knows what habits are holding you back, and no one but you knows what thoughts are more powerful than those habits. It does not matter what that thought is- all that matters is that it works for you.

Let me give you a personal example.

My honest look told me I needed to challenge myself physically. Everything I read about weight loss and getting fit said I should lift weights three days a week, and do aerobics three days a week.

For whatever reason, getting into the habit of lifting weights was easy. I enjoy it. I makes me feel great, if I miss a day, I can't wait to get back to it.

Aerobics was a totally different story. I hated cardio exercise for my entire life- so I totally avoided it. I had life long habit that needed changing. It's a long story, and it took some trail and error [that's the learning part] but I eventually found a cardio exercise I could live with [stair stepper machine] and I found a few thoughts that were more powerful than my giving up thoughts [which worked for me- but would likely not work for you].

Then I took the most important step: I took action. And my first attempts were pitiful- and difficult- since I had zero cardio fitness.

But since I had my "no giving up thought" ready- I stuck with it. And before I knew it, cardio became a new habit. Now I enjoy it, and now I can't live without it either.

Then I took the same steps with junk foods that were slowing or stopping my progress. Now I won't eat that stuff if you paid me. Do you see what happened here? In just a few weeks of taking action, I was able to change a lifetime of bad habits.

After I did that, weight loss was easy.

All because I took the time to learn what weight loss habits worked for me. And as a bonus, I learned how to fix some other issues in my life that were holding me back from becoming everything I was created to be.

I repeat, if I can do this, you can do this.

All it takes is an honest look- and action.

And don't worry if like me, your actions aren't perfect. Just taking action [even bumbling action like I took at first] will lead you to the correct actions that will make everything fall into place. The "place" where it becomes a walk in the park for you too.

And then your life will change in ways you never imagined. Guaranteed.

I promise, it is not all that difficult or impossible. It's just not what you're used to. After a short time, you will look and feel so much better, you will NEVER want to go back to how life used to be. The really great part is, all you have to do is nothing more than what you're "supposed" to do:

Treat your body the way it was designed to be treated, i.e.- eat right and get some exercise.

Remember to check with your doctor before starting any new diet or exercise program. Especially if you are over 40 or have a medical history that would be a concern with challenging activity.

Remember, it's not so much what you do, as long as you're doing something. Don't do nothing.

"Nothing" is your greatest enemy in life.

"Nothing" will destroy "everything" faster than "anything."

Let me share one final thought with you...

It's estimated that around four percent of the population is wealthy. And guess what percent of people permanently succeed at weight loss?

Around four percent.

That's not a coincidence.

So if your not sure that looking better, feeling better, and living longer is worth the "hassle." Then learn how to control your weight for your future- and the future of your family. [If you're counting on the government to fix things, you're in for a very rude awakening. Do you really expect the entity the runs the public schools, the post office- and that was regulating Wall Street- to be able to run the economy?]

The reason people get thin [and rich] is one underlying skill: They've learned the ability to see things as they are- and then do something about them. And that's exactly what taking control of the shape of your body will teach you to do.

If you have any thoughts or questions, I'd love to hear them. Please [visit my web site](#) and go to the "contact us" page.

Yes, I wrote an e-manual that covers in more detail how to change your body and future- but I'm so confident the principals will work that I offer a 60 day review. If you don't like it, I'll refund every penny of the cover price- and you keep it with my compliments.

Thank you for learning how to transform the future into what you want it to be. Regardless of what you choose to do from this moment forward, I wish you a life of purpose, meaning, and integrity.

To your health and success, and may God bless.

A handwritten signature in black ink, appearing to read "W. Michael Marsh". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

W. Michael Marsh

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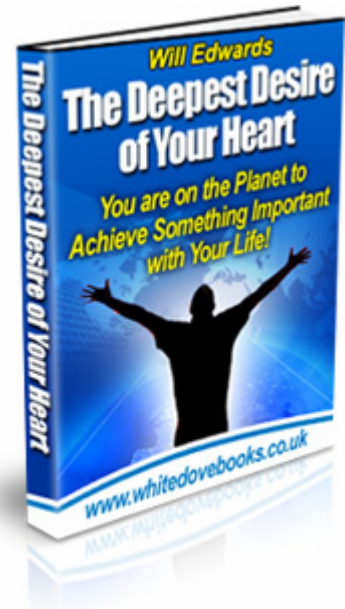
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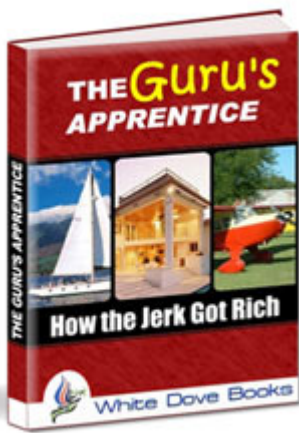
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Will Edwards is the founder of [White Dove Books](#) - the internet's leading website for Self Improvement and Personal Development. A graduate of the University of Birmingham, he develops and teaches Personal Development workshops and is a published author.

Within its first three years, White Dove Books was recognised as one of the internet's leading sites for self help and personal development; breaking into the top 100,000 sites on the internet at the end of 2005.

The INSPIRATION newsletter was started in 2005 as a way of providing helpful information including tips, articles and free inspirational eBooks to our visitors.

Today White Dove Books works in partnership with many authors and on-line publishers of inspirational material to provide a quality on-line service that serves thousands of people in many countries across the world.

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