

Effortless

Weight Loss:

**SMALL CHANGES THAT LEAD TO
EXTRAORDINARY RESULTS!**

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To my husband, Lance and
all of my family, who love me
always, encourage me
endlessly, and accept me
unfailingy,

And to my children, who are worth
every pound!

Joren Jamie John Christian

Vincent Faith

Matthew (5/23/04-5/24/04)

and Joshua

START HERE

Congratulations! You've taken the first step to lose that weight and improve your health, your appearance, and your life.

I'm excited for you because you are right where I was when I decided I was sick and tired - of being sick and *fat* and tired. I had all sorts of good reasons for being overweight and I am sure you do, too. However, if you picked up this book, you're ready for a new day and a new you!

I'm going to tell you exactly how I lost that unhealthy, unsightly, unwanted weight, and how it easy it was, once I learned the secrets I'm going to share with you.

I'll tell you how I've increased my muscle tone, got rid of the baby-flab belly and according to my husband, look better than I did when he married me ten years ago (hey - I thought I looked great back then!)

If you're like me, you've tried all kinds of weight loss gimmicks, fad diets, caffeinated pills and complicated exercise routines but nothing seems to work for long. I did too and sure, I lost a few lbs, but within a few weeks the weight crept back. Pills made me jittery or just plain hungry and who can stick to a regimented exercise schedule with a family and other responsibilities?

May be like me, you've gotten comfortable with your weight and so have a lot of your friends. It's a cozy bond between friends, that extra weight. It was hard for me to break away and try something new, but deep down, I knew that I was making excuses and that extra weight was not only making me feel bad about my appearance, it was beginning to endanger my health. Does any of this sound familiar?

I felt terrible from the moment I woke up until I crashed gratefully into bed at night. I knew something had to change and only I could change it. It was slow going at first, but my persistence and pain is your gain: You are holding in your hands the solution that finally got me skinny and that I have *continued* to use to improve my health and maintain my skinny weight!

Look, I didn't have to stay over-weight and under-happy and neither do you! I look in the mirror and finally see the reflection of the woman I imagined myself to be. I want you to look in mirror and be excited about what *you* see!

If you resolve in your heart that today is a new day, and from now on you are determined to stop being what you've been told you are, and are ready to find out who you've been created to be, nothing and no one can prevent your transformation!

I've made it so simple for you. If you repeat the steps I used to lose weight and feel great, you cannot help but succeed. **I know you can do it, because I am no different than you are, and I did it.**

From now on, it is all about you – because you are the only “you,” you've got, the only “you” there is and the only “you” that was ever intended to be. No one but God will treat you with more value and consideration than you treat yourself. And I assure you, no one will ever treat you with *any* value and consideration until you treat yourself so.

Are you done regretting yourself? Are you tired of feeling sad, angry, hopeless and helpless? Today is your day. Look in the mirror and say goodbye to who you used to be, and hello to who you *are!*

What's so special about me?

Nothing really, that's just it. Just like you I always thought those girls who seem to eat whatever they want and never gain weight were the special ones. They didn't appear to have to count calories or work out or do much more than heavy breathing to look good, while the rest of us are sweating through long work-outs and eating rice cakes.

It only gets worse when you cross the 40 mile-marker. Remember those ads for weight loss products with

the big glitzy commercial declaring: Are you overweight, over-the-edge, over forty, over-doing-the-donuts, over, over, over? Guess what—there's a lot of us out there over the big 4-0 that have discovered the days of extra sit-ups-and-skip-the-fries for a week no longer gives us the 10 lb. quickie weight loss it used to. In fact, not only does the weight not leave, it invites its cousins to move in.

You don't have to be over forty to benefit from this book. In fact, if you are in your twenties or thirties, the weight will most likely come off even easier, because you won't be fighting a slower metabolism!

No matter the age, I found out those skinny girls are not special. They just know something the rest of us don't. I found out their secrets and I'm going to share them with you.

So, what's my story?

Nothing unfamiliar. Everyday I felt older, more depressed, tired, irritable and over-weight. It hurt just to get out of bed in the morning. Does anything other than our sense of humor and wisdom improve as we get older? How come all the things that get better are on the inside? Oh, right, because that's where all the important qualities are...yada yada yada.

How would you like for people who've know you for years to stop and do a double-take? It happens to me

all the time.

Some people say that I don't look like the same person, but I know that I finally am back to looking like me.

In fact, even my friends who watched me over the process of less than a year drop **4 sizes** still have trouble believing I did it, and did it without stimulants, without joining a gym and without starving myself.

Sure, I tried the weight loss products. *A lot* of them. All that happened was I lost a few pounds, got really hungry, and ate it all back the next week, leaving me feeling even more depressed and hopeless. Clearly there had to be a better way. That's why I wrote this book. I found it and I want you to find it, too.

I've been heavy all of my life, can I change now?

Yes! It's not your fault that you have been heavy, whether it has been your entire life or just since having children. You didn't know how to lose excess weight and maintain a healthy and strong physique but after you read this book, you will!

I'm like a lot of you, I haven't been overweight my entire life, but I have yo-yo'd between pregnancies and have never been at my "ideal" size, until now.

You know what I mean. Everyone has a number in

their minds that says, “I’m O.K. I’m thin. I feel good about my weight, or really, about myself.” And we also have a number that from the depths of our own psyche screams “Fat, Fat, FAT!” to us from the mirror.

And like a lot of you, the weight I gained during pregnancy didn’t melt away. Now, for some of you, breastfeeding made the weight come off like a breeze. I say good for you – honestly – I wish that were the case for me. But to tell you the truth, I just like to eat too much.

And nothing gives me a reason to eat like being pregnant or breastfeeding. I mean for the first 6 months of my babies’ lives, I am just so HUNGRY. You know what I mean, don’t you.

With the majority of my seven children, you heard me, *seven*, I gained 24-35 lbs., and to be honest, with my first child it was more like 45! That’s not so much...if you lose it before the next baby.

Now we have all see the celebrities gain 35 to 70, or more, pounds with each baby and some of you are raising your own hands, as well.

But how many of us can pay a nutritionist, a personal chef *and* a trainer to come to our house for six months post-partum and make us eat right and exercise? Exactly.

Why should I do this instead of some other weight loss program?

If another program was working for you, you'd stay with it. Sometimes we need to find a fit with the personality of the person giving the advice. My motto is "Anything works if you do it!" You've got to find a way to lose weight that is easy and enjoyable enough for you to actually do it as a lifestyle, not a fad. This is it.

You know you have started programs or bought some expensive equipment, or joined a gym you never actually visit. You probably get very excited to start something new, but lose interest after a while. I did that too. But, I've learned you've got to take action and keep taking action over time in order to see long lasting results.

I'm just like you: I tried this diet or fad and that, then went right back to the same way of eating and the weight came back. I finally had to decide that for the long term, I was going to invest in my own health and well being and make small changes that would be easy to do, and that is the secret I am sharing with you in the pages that follow.

What if I lose the weight and I don't feel better about myself?

Most frequently, **we are not unhappy because we are overweight, we are overweight because we are unhappy.** That's where I was. There were so many situations in my life that I could not control and yet were causing a lot of pain for me and my family.

I stopped feeling good about myself and my contribution to my family and community. I felt so undervalued by others that I started to undervalue myself. The opinion of others became more important than how I saw myself, and how God sees me.

I thought if I lost weight I would feel better about myself. But, because I did not treat myself as important and deserving of respect, I could not sustain any weight loss.

So, I returned to eating the sugary and processed foods that were the source of my problem every time I had a bad day and needed to feel good for a little while. I only exercised enough to lose some weight and because I focused on strenuous routines that were exhausting and time-consuming, I gave up after losing a few pounds and the weight, again, leapt back on.

The weight was never my true problem, and it is probably not yours, either.

No, barring a medical condition, being over-weight is a symptom of your self-opinion. Now, here is where I inform you that I have a Master's Degree in Clinical Psychology, because some people feel better if a professional delivers this particular bit of bad news. So now you know.

My real authority, however, comes not from my training as a therapist, but from years of personal research and experience. Your weight is not making you feel unhappy and if you want to lose weight long-term, you first need to overcome the message inside of you that tells you that you do not deserve to be healthy, fit and skinny.

I started my new life by recognizing that I did not treat myself very well. I wore comfortable and stretchy exercise wear (isn't that ironic) everywhere I went, a pony tail and most often, no make-up. What was the point? I was married, had kids to care for and too much to do. Dressing up made me conscious of how out of shape I had become.

This is "What to Wear": When I decided to start putting my needs at least as high as everyone I cared for, the first thing I did was to buy a couple of pairs of great jeans and some flattering tops. Get tops that are fitted over your breasts, looser about the middle and longer on your hips. This look will lengthen and slim your waist.

The best pants to slim your body are those with wide legs that come straight down from your hip. Make sure they are flat front – no pockets, perfect to flatten your tummy. Go ahead and get those super long legged, low-waist style jeans - just wear one of those tummy control body suits underneath to control the inevitable “muffin-top” along the waistline. You'll carry yourself better if you know your bumps and bulges are hemmed in. And for goodness sake, put on some heels, girl! You'll be amazed at how long your legs seem!

You might be wondering why I would tell you to buy some clothes *before* you lose weight. Remember what I told you about being overweight because you are unhappy and not the reverse? Valuing yourself enough to dress well and put on some make up is the key to making your weight loss permanent. People who care about themselves, who truly value their bodies and health, are not going to stay overweight.

Do the behavior and feelings will follow.

I have to say this, forgive me: Ladies, getting dressed up does not have to involve cleavage on either end of your body, if you get my meaning. If that is the only attention you feel your body is worth attracting you are selling yourself far too short.

Men are visual beings, they can't help but notice a pair of breasts openly displayed or a thigh-high hem-line. Not much of an accomplishment, when you think about it. Now, I certainly don't mind my husband taking a healthy interest in my figure, but I think you know the difference I am talking about, right?

So, if you're still reading, I believe I can safely assume that you would like to feel beautiful, know you are healthy and fit, and yes, I'll shout it: skinny! And you're ready to find out how.

Be warned: the side effect of learning this secret will result in the loss of unsightly fat, an increase of shapely toned muscles and will undoubtedly unleash a confident and effortlessly sexier you.

Bummer.

So toss out your scale, forget that elliptical machine masquerading as a “clothes-hanger” in your basement and I will show you step-by-step, each day, how to change from unhappy, unfit, and unloved into the beautiful, dynamic individual you were created to be! You'll amaze yourself- I promise you!

Where did I get my information?

Good question. Most books I've read have lots of footnotes and information citing who said what and when. You won't see that in this book. The reason is that I'm just a gal, like you, who read everything she

could on losing weight and getting fit, and then did it.

I wasn't intending on writing a book. I just had so many people ask my advice once they saw me go from heavy to healthy, I decided to write it all down and help a lot of people, instead of just my own circle of friends and acquaintances.

I'm not telling you anything you could not find out on your own, if you read the hundreds of books, articles, and websites I have, and then tried out each therapy, workout style and diet. Or you can just benefit from all of my thousands of hours of reading and the accompanying trial and error. You decide what is a good fit for you.

Honestly, if you need a scientific article to back up everything you attempt in life, you're looking for an excuse not to do anything. I tell people **if you're not ready to make an honest change, no amount of convincing will be enough and... if you are ready, no amount of criticism will stop you.**

This is what worked for me and it is based on strategies I created in an easy way that seem to make the weight just melt off of my body without my doing anything extraordinary.

If you don't like my way, take what you relate to out of this book, and take some things out of other sources, and do what works for you. Trust me, it's easy, and it works, and if you do it and don't look and feel better, I'll refund your money, I'm that confident!

However you choose to formulate your plan to get fit and healthy, remember the number one key that I have found: Do *something* different and do it today! If you keep doing what you've been doing, you'll keep getting what you've got so it doesn't take a rocket scientist to recognize that something has got to change.

Make one small change today and stick to it. No matter what, you'll be better off than you were yesterday!

OK, I'm ready, what do I do first?

If your weight has yo-yo'd up and down, if you are over 35, if you want to make sure there is no medical reason you have not lost weight - get a complete and thorough evaluation by a doctor who fully understands women's health. There are very real problems women can face with their hormone levels, that can dramatically affect your metabolism and sense of well-being.

Be sure you find a physician that is current on women's health issues.

I had to go on line to the American Diabetes Association to find out my blood work levels were actually pre-diabetic.

In fact, no one even seemed concerned about my condition because it wasn't severe enough...yet. It was severe enough to shake me out of my apathy, I can tell you that!

I decided to take responsibility for my own health at that moment. I had young children and a busy life. I couldn't wait for someone else to validate my concerns. I was determined to stop being a victim waiting for someone to notice and care about how depressed I was becoming, how overweight and unhappy!

I remember when I was struggling to get through each day, and about that time a particular song always seemed to come on the radio when I was driving. When I heard it I would just sob. I had the urge to roll down the window and sing along, (or scream along) out into the world "Does anybody see me? Does anybody care?" Of course they didn't, because I didn't let anyone know about how sad I was becoming. I was pouring it all out, giving it all away, and never taking my share.

I realized it was not anyone's job to peer into my soul and rescue me.

I knew that no matter if anyone else thought something was wrong, *I* thought there was something wrong and I was not going to live this way for one moment longer.

So, I decided that *I cared* - and my opinion, my concern was enough!

I deserve to be happy, healthy, fit and thin. I am a person, an adult, a woman. Whether I serve my family from home or within an outside job, I deserve to eat well, get adequate rest and even wear something pretty if it makes me feel a bit more lovely. I know you know I am not talking about going into debt for a manicure!

Funny thing is, my husband that used to complain about how much money I spent on groceries, never once complains about money I spend on making myself feel soft, pretty, and confident. Seems he likes the new me, too.

Taking charge of my body, mind and well-being revitalized my spirit and it will do the same for yours, I guarantee it!

Can I really lose weight without any effort?

You can lose weight by making very small changes in your thinking, eating and activities that make it seem like you are not doing anything much at all, with extraordinary results!

If you're asking if you can lose weight without exercise, the answer is still yes. Simply eating fewer calories than you burn off with your normal daily activities will cause weight loss, but if you don't change your eating habits long-term (and a diet is a short term fix) the weight will inevitably come back.

So, here is *my* way: Make the small changes you'll find in this book, changes in your thinking, eating and activities, changes that don't seem like much at all, and you will find your moods, energy level and weight changing for the better.

Don't be afraid to try some toning and muscle building activities, after all **the more muscle you have, the higher your resting metabolism and the more calories you can consume without gaining weight!**

Are you telling me that if I increase the size and strength of my muscles, not only will I be stronger and look better, but I CAN EAT MORE? You heard me, sister.

Look, I didn't want to get moving at first, either, but I had to do *something*. I had some family issues going on that filled me with dread and kept me up at night. I didn't want to take medication but I knew I had to do something to control my symptoms all the same.