

# WEIGHT LOSS



## A QUICK REFERENCE GUIDE

ANNA MANNING, M.S.

# Weight Loss: A Quick Reference Guide

*Free Excerpt from [www.AnnaManning.com](http://www.AnnaManning.com)*

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Anna Manning

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ISBN

Softcover

978-1-4257-7996-2

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## Acknowledgments

To Michael Bellomy, M.S., “The Strength Finder” Business Coach and friend, for pushing me to get the first draft finished and for reviewing the manuscript from a coach’s perspective.

To Terri Loe, R.N., a fabulous nurse and friend, for agreeing to review the manuscript and for providing powerful suggestions to make the book even better.

To Lynn Dewey, Performance Consultant and friend, for being a beautiful and slender role model for me.

To Nordic Track, the makers of the fabulous Elliptical machine, my best weight loss friend.

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## Introduction

WOW! I just typed in “diet books” in the Yahoo search engine and it came up with 41,800,000 hits, and a search on Amazon.com came up with almost 6000 books on dieting! The shelves of bookstores are filled with every diet imaginable, and the magazines on the racks at grocery stores have at least one article each on weight loss. With all this information available to us in this country, why is it we are still among the most obese? And why are we getting fatter every year? There is only one answer to this question: DIETS DON'T WORK! The more we diet, the more weight we ultimately gain back, assuming we ever lost the weight to begin with!

Our country is riddled with heart disease, high blood pressure and diabetes. We are spending billions on the search for cures, but practically nothing on prevention. However, there is one cure that is most often overlooked! Weight loss! Weight loss is probably the number one greatest cure, the number one miracle cure, for much of what ails us in this country, but few folks want that prescription! Why? Because overeating is very often related to our emotional issues, those issues that are far too painful for us to explore. It's so much easier to remain victims to our habits even if it means a miserable life and early death.

For me, I would rather spend a few weeks or months, or whatever it takes, exploring the painful emotional issues surrounding my use of food for emotional comfort than spend the remainder of my life, albeit much shorter and most likely

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disease ridden, stuffing my pain with excessive amounts of food. And exploring my painful issues is exactly what I did! Now I can deal with those issues differently rather than unconsciously reaching for comfort food. That's not to say that I don't still love my French fries, but the time spent mindlessly eating them is over!

Thinking back during the time when I believed that magazine articles and diet books would be my salvation, and ruminating over how much money I spent on them, I now see that it was the headlines and book titles that grabbed my attention. Who wouldn't be emotionally affected by the following?

- **Are you tired of settling for a body that doesn't reflect who you are inside?**
- **Are you frustrated that you are unable to fit into clothes that you love?**
- **Are you fed up with not having the energy you desire to be able to do all of the things that you want to do?**
- **Do you want to attract the love of your life with your new sexy body?**

Do you ever get tired of reading statements like these? I know I did. I got tired of feeling bad about myself. These emotionally charged statements are in practically every magazine, as well as in ads on TV every day, and yet we continue to wonder why we stay so overweight in this country in spite of all the attention paid to being overweight. Something just isn't working! For most of us, diets don't work, diet pills don't work, diet centers don't work, and they don't work because food is NOT the culprit. Virtually every weight loss program on the market has a dismal failure rate. Only those folks that stick with it are successful. The drop out rate is very high, but I doubt those statistics are kept. Would you subscribe to a weight loss program with a success rate of 10%?

The culprit is our programming, our core beliefs about food, and the underlying emotional pain we carry with us.

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Those headlines are meant for one purpose and one purpose only: to stir up our emotions and our shame surrounding our weight issue. That is, to get our attention, so that we will buy the magazine or book. It's about marketing, but it's not the marketing that will help us shed those pounds: it's a commitment to ourselves and to our future. It's not as complicated as we seem to think, but to think of losing weight as a complicated and difficult issue is merely one way to excuse ourselves from doing so. It's a way of avoiding what it is we really need to address: *our emotional pain and how we've chosen to deal with it.*

If you've tried dieting, bought gym memberships, read weight loss books and even attended weekly meetings with a popular weight loss program, and you were still unable or unmotivated to stick with your eating and exercise plan, it may not be your body that is holding you back. The best diet in the world won't work until you have the right mindset.

The bottom line is this: You must be fully 100% responsible for your weight loss. To depend on someone else to motivate you or to encourage you is setting yourself up for failure! The minute you feel that that person is not supportive, what do you think you're going to do? EAT! That's what. But if you take 100% responsibility for your emotional issues and for what you eat, you will never be held hostage to another person's actions or inactions.

This book doesn't provide diets or recipes. It does provide condensed and thought provoking statements to help **you** break free from your denial as to why you overeat. As you read this material, pay attention to what offends you, as that may provide the clue to your particular issues surrounding food. On the pages within this book, I show YOU how to be self-motivating, self-encouraging and self-supportive.

This book is your quick reference guide, something that you can read every day as a reminder that your health is a top priority! It is your reminder mechanism. It is your pocket weight loss coach!

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# Part I

## How Did I Get Here?

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## Core Beliefs

Core beliefs are long, unending ruts in life. The automatic habits and behaviors that we no longer pay attention to are like deep grooves in a vinyl record. Every time we play that record, the needle slips into that groove, and the same old, same old plays again. We are usually not aware of these beliefs. Nor are we aware of how they sabotage our lives, until we take the time to reflect on our behaviors. One core belief usually learned from childhood is that food is a reward; that is, our parents may have used food as a bribe to leave them alone or to get us to do something. Think back for a few minutes to your childhood. Were you given candy to be quiet? Were you rewarded with an extra dessert at dinner if you were good that day? Or perhaps food was withheld from you when you were bad. “No dinner for you tonight, Johnny! Go to your room and think about the bad thing you did today!” Food should be used to nourish the body, never as a reward or punishment!

Other core beliefs may include the following:

- Don't waste food! (So you eat everything on your plate even if you are full.)
- Your mother took the time to cook this meal, and if you don't eat it all, she won't feel that you love her or respect her. (So, if you don't finish your meals, you feel guilty.)

- This buffet costs me a bundle, so I have to eat a lot to get value for what I paid! (If you don't stuff yourself, you'll feel cheated because you paid for all this food!)
- My Mom shows her love by cooking for me. I feel loved when I eat. (Food has been linked to feeling loved.)
- I have to starve myself and exercise three hours a day to lose weight. (This belief would scare off the bravest of us.)

So, how do we change a core belief? Step one; first and foremost, is to shed light on it, to recognize it for what it is: an erroneous line of programming in our brains, a mere perception, not reality. The second step is simply to do something differently long enough for the old programming to fade. Memories of habits are stored in our brain, and they will begin to fade when we no longer access them or act on them. The difficulty in this lies in the fact that our core beliefs are acted upon automatically. This means that those memories are accessed without our even thinking about them. As long as they get accessed, they get strengthened. Noticing our sabotaging behavior, shedding light on the core belief behind that behavior and changing the automatic behavior will heal us from the old ways.

The more emotionally charged a memory is, the more difficult it is to remove the power it has over us. Remove the emotional attachment, and the power dissipates. Remove the emotional attachment you have to eating everything on your plate, and you will be able to stop eating when you are full.

What are YOUR core beliefs and how do they serve you?

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## What Lies Do We Tell Ourselves About Our Weight?

“Big is Beautiful.” ~ “I’m really not overweight.” ~ “I come from a long line of fat people.” ~ “Well, yeah, I’m overweight, but I’m healthy.” ~ “Man, this is all muscle!” ~ If you are truly comfortable with your weight, you are to be commended, but if you truly are okay with your weight, you wouldn’t be reading this book. However, if you secretly long to be slender or you get mad, upset or defensive when comments are made about fat people, then you are simply and inextricably lying to yourself. If you find this to be true for you, stand in front of your mirror, look yourself in the eyes and confess: *I am lying to myself about my weight. I really do desire to be rid of all the excuses and protections I’ve surrounded myself with. I am loved! I am perfect! And I can and will shed these extra pounds as they are nothing but lies!* And if you don’t feel like crying after doing this, please rethink your sincerity.

What lies are YOU telling yourself?

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