



Dear Friend...

The **only** thing that's wrong with your life today is that you **still** believe what other people told you so many years ago about you who are, what you are, and what you can do...

...and you've never been given the opportunity or the tools to **correct** those tragically self-limiting beliefs.

As a result, who you have **believed** you are has never caught up to who you **really** are -- and you've been paying for that "gap" all your life.

In this book you will get the chance to **close that gap.**

And when you do, your life will be **transformed** before your very eyes!

Many books about health and fitness show you slick, glamorized, heavily-retouched pictures of their success stories.

This book was written by the person in the picture.

This unretouched photo is me 5 days after my 60th birthday.

Here's to your health!"

"Dr. Frank"



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To whom it may concern,

I just wanted to take a moment to express my strong personal recommendation and endorsement of Dr. Frank Smoot and all of his teachings. I've had the fortunate opportunity of working with Dr. Smoot for almost four years now and it has not only been a great pleasure, but a tremendous learning experience as well. He has served as our Personal Growth and Success Coach for our Online Fitness Program and we have worked closely together in creating an incredible, new motivational program.

Working with Dr. Smoot has been a real eye-opener for me, as all my education and training has taught me that optimal weight loss and fitness is most influenced by exercise and diet alone. However, I've come to realize that your own personal beliefs and attitudes are also extremely important and key to your success. Dr. Smoot can offer you both the knowledge and the tools to be successful – not just in the short-term, but for life.

It is without hesitation that I recommend working with Dr. Smoot to achieve all your goals and reach your full potential. I am very confident that he can help you, just as he has helped so many of our members. You absolutely owe it to yourself to give him the opportunity to help you today! If you have any questions or concerns, please feel free to contact me any time at chad@global-fitness.com.

Chad Tackett, BS, CPT
CEO/President
Global Health & Fitness
www.global-fitness.com

"The Hidden Secrets Of *Lifelong* Fitness!"

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- Chapter 1 -

Whole, Happy, And Healthy You!

Imagine for one moment, that you are in perfect health, fit as someone half your age, and your life is virtually 100% free of stress, anxiety, or worry.

Imagine that you are at your healthiest weight, your blood pressure is perfect, you are on zero medications, and you haven't had so much as a sniffle in more than a decade.

Imagine that you are happier and more energized now than you have ever been, and it just keeps getting better every year.

That picture I just painted for you is my own life. As I sit here on this rock, high atop one of southwest Virginia's many beautiful mountains, I can feel that my pulse is slightly elevated. It was about a 90-minute climb on the trail.

Even I find it hard to believe that I just celebrated my 60th birthday. I sure don't see a typical 60-year-old when I look in the mirror. Truth be told, I see a 16-year-old kid looking back at me, wondering what happened to his hairline. Yep, it's receding.

And my hair and moustache both have more gray than I like. (Heck, any at all is more than I like.) But by any reasonable measure, I am the picture of health for a 40-year-old. I'd be in amazing shape for a 50-year-old. But to feel like this at 60, well, all I can do is count my blessings.

Oh, right. There are a few other factors involved, too. I've spent the last 30 years or so studying the secrets of health, fitness, and happiness. And I've learned many things that I would never have even imagined along the way.

In this book, I'm going to share with you my tips, tricks, secrets, and strategies for looking, feeling, and performing at **your** very best -- at any age.

Everything in the book is designed to...

- Show you how to custom-tailor your diet, exercise, and motivation programs to your own personal situation and needs.
- Emphasize the importance of experimenting to find out what works best for **you**.
- Make sure what you end up with will be a perfect balance between **enjoyable** and **effective** for long-term success.
- Provide you with a clear, step-by-step plan to make it all happen.

Who Am I To Be Writing This Book

I'm Dr. Frank B. Smoot, MA, DD, success coach, author, and fitness enthusiast. And as I mentioned, I just celebrated my 60th birthday.

I literally have never felt better in my life. I have a ton of energy, I'm in great shape, and I enjoy perfect health. Not good health. **Perfect** health. I have no aches or pains, no indigestion or ulcers, and I take no drugs or prescriptions.

And you know what? All of that makes me one happy camper!

So why do I tell you how happy, healthy, and fit I am? To make you envious? To annoy you? To inspire you?

Yes! All of the above -- and whatever else it takes to get you off your butt and into gear. Because I'm a man with a mission, and my mission is to help you **dramatically improve your life**.

You see, the shape I'm in is **no accident**. Over the years, through lots of trial and error, I have figured out what works. It's really just as simple as that.

Did I do it all by myself? Heck no! I have read literally thousands of health-

related books, gotten a solid formal education, and worked one-on-one with some excellent counselors and coaches -- something I strongly recommend to **anybody** who's serious about success.

I have also developed a strong sense of what I call "self-reverence" -- meaning that I see it as my personal responsibility to take care of the wondrous gifts I was given at birth, and that absolutely includes my physical body.

You know, if most people took half as good care of their bodies as they do of their cars, we'd be a whole lot healthier nation.

I guess you could call me a crusader, but it's a damn worthy crusade. If there's anything I can do that will help steer **your** life more toward health, happiness, and fitness, then I'm here to do it.

My "Official" Credentials

Who is Dr. Frank B. Smoot, MA, DD? Let's get the "official credentials" out of the way first. I have graduate degrees in clinical psychology and theology. I've worked as a licensed psychotherapist and now am a professional success coach, specializing in whole-person fitness, with a focus on weight loss, self-esteem, love relationships, and stress / anxiety reduction.

I have written a bunch of books and created several weight loss and motivation programs. (More detail in the "Resources" section at the end of Chapter 12.) I'm also the resident Success Coach for Global Health & Fitness (referred as "GHF" at other locations in this book), the Internet's premiere health and fitness web.

GHF's President, Chad Tackett, also authored the kind words you read about me in his comments on Page 3. If you'd like to become a member of GHF, please sign up here <http://www.global-fitness.com/at.cgi?a=412202>

And I hope you will also check out my coaching web site at <http://www.CoachFrankSmoot.com> for lots more success resources.

I want to make sure it's clear that what I do isn't just a "job" for me. It's my mission -- my passion -- my calling. It's not just what I do, it's who I am.

Who This Book Is For:

Let me start by telling you who this book is **not** aimed at:

Hard-core body builders, power lifters, Olympic competitors, professional athletes, and steroid users.

Who this book **is** aimed at:

All the rest of us! Just plain folks like me and you who want to get the most out of life by being healthy, happy, and in really good shape.

That's why this book is a practical, do-able, real-world guide for normal, ordinary, down-to-earth people. And that's why you won't see a bunch of technical talk here. I won't even be using commonplace fitness terms like "BMI" (body mass index).

I also won't be suggesting that you develop "ripped abs" or buns of steel. See, I know from years of experience in my own coaching practice that 95% of us just want to get to our healthiest weight, have plenty of energy, get rid of our negativity, and enjoy life!

Isn't that what you **really** want? Me too!

Although this book is for anyone and everyone who wants to be healthy, happy, and fit, it's officially dedicated to of all my fellow "baby boomers," all you wonderful folks who were born between 1946 and 1964, the official dates for the start and end of the postwar baby boom.

You are and have been my best friends. I have partied with you, gotten drunk with you, celebrated the great times, lamented the tragedies, been best man at your weddings, enjoyed your hospitality, passed out under your pianos,

danced, hiked, picked, sung, and barfed with you.

I checked in with you, and one day I'll check out with some of you. But I have to say, it sometimes breaks my heart to see what you have been doing to yourselves. Or more accurately, what you have allowed life to do to you. You have gotten lazy, sloppy, overweight, out of shape, depressed, sick, and too many of you are already gone.

I miss you! I don't want any more of you to do that!

I want my playmates to stay here, to be happy, fit, and healthy, so we can keep on playing, working, living, and loving until the party is over. And that's why I wrote this book. For the most selfish of all reasons. I enjoy your company!

As you can see, I'm not a choir boy. I've been around the block more times than I can count.

Am I a "fitness nut?" Nope. A picky eater? Nope.

My simple secret is that I take it all seriously enough to get results, and don't take any of it -- or myself -- too seriously.

So I am definitely not into extremes. I have seen over the years that extremism of any kind -- whether it involved body, mind, or spirit -- is the surest road to an unhappy, unfulfilling, unhelpful life, and is the fast lane to the checkout booth.

My simple goal is to be happy, healthy, and fit. Last night I spent one and a half very enjoyable hours playing "Twister" with a 10-year-old and a 12-year-old at a friend's house. The parents of these kids were almost 20 years younger than me -- and lasted less than 10 minutes in that same game.

I don't mind telling you that I **love** being in great shape -- at any age. And if you meet a 60-year-old who is in better shape than I am, I hope you'll introduce us. Because I'd like to learn his or her secrets!

Meanwhile, I'd like to share my own secrets with you.

I live in the beautiful mountains of southwest Virginia, where I love to go hiking and exploring nature at its very best. I have learned over the years to do the things that make my body, mind, and spirit happy.

Not just because that's what feels best, but also because being happy, healthy, and fit allows me to contribute most effectively to other people's lives, which -- let's face it -- is why we're here. (But that's a different book.)

My hope is that at least a few of the things I say in this book will end up being valuable to you, and might even change your life.

Why would you want to change your life? That's really what this is all about, isn't it? So let's begin by doing what might just be the most important thing you've done in years: to get crystal clear about two things:

1. Where you are right now.
- 2 Where you'd really like to be.

And let's also make a commitment to do something else, at least for the brief time we'll get to spend together. Let's bring a **100% commitment** to the table.

I promise to tell you absolutely everything I can cram into the pages of this book. I promise to spill my guts, to hold nothing back, and to do my level best to reveal everything I can think of that will help you reach your goals.

That's my job.

Your job will be to get totally clear about **where you are**, and also **where you'd like to be**. And when I say "where you are," I mean with zero denial.

You need to be absolutely honest about the reality of your situation. Right now. Just as it is. Because if you won't be honest about that, we're stopped before we can even get started.

Then you need to be equally honest about where you'd like to be – where you'd **love** to be. I'm not talking about what you "think" is possible. I'm talking about **dreaming big!** I'm talking about dusting off the old dream machine, building a fire in its belly, stoking the boiler, and cranking up a full head of steam.

I'm talking about getting excited about making changes as if your life depended upon it.

Because it **does**.

That's right. If my years of coaching have taught me anything at all, it's that your success or failure is determined, more than anything else in life, by your own willingness and ability to "see yourself" where you want to be. It's all about the vision. Clear, compelling, and committed.

Now, we're going to get into a whole lot more detail about how – exactly how – to get "from here to there." But for now, I want **your commitment** that you will play to win.

This is your life! If you won't get serious about that, what else matters?

You have two basic choices in life. You can plod along from one day to the next, biding your time, hoping you're lucky enough to avoid the worst bumps, and more or less waiting for the end to get here and put you out of your mediocrity.

Or you can do it like you mean it. Let's not kid ourselves. Nobody gets out of here alive. So the question isn't whether you'll die. The question is whether you'll ever really live.

If you're still with me, and I haven't blown you out of the water yet, I'm going to assume that you would rather live than just exist. So I'll be writing the rest of this book as if that's the case.

Ready? Great! Then let's get started.

What This Book Will Do For You – If You'll Let It

As the title and subtitle suggest, this is all about fitness. **Your** fitness. In body, mind, and spirit. No, I definitely won't be getting "religious" on you. But if you think that what you can see is all there is...well...you might just think otherwise by the time we're done.

After more than 30 years of studying human behavior change – which is really what we're talking about here – I can tell you the following things:

1. Unless you can get your life into **balance**, it's going to be a mighty rough ride. Like a washing machine where all the clothes clump up on one side and it shakes so bad in the spin cycle that it knocks itself out of place and starts jumping across the floor. We'll talk a lot more about balance.
2. We are all human, so we all have the same basic needs. But we are absolutely not "generic." What works great for you may be a disaster for your neighbor – or your spouse. This means that you will need to do some experimenting to find out **what works best for you**.
3. As you will see, your own personal fitness is going to revolve around three primary factors. In order of importance, they are.
 - A – What goes on between your ears – both consciously and unconsciously.
 - B – What goes into you body, in terms of diet and nutrition.
 - C – What you do with your body, in terms of exercise and physical activity.
4. Your success will be determined, more than anything else, by your own level of motivation. Fitness is the ultimate "do it yourself" project. If you have (or can get) the motivation, there is nothing that can keep you from succeeding.

But if you don't have it, or won't get it, there is nothing that can keep you from failing. I'm going to show you how to get motivated and stay motivated, so your goals, dreams, and visions can come fully alive in your mind and -- ultimately -- transform your daily reality.

5. Part of your job will be to take the information you get in this book and adapt it to your own personal situation. Once you understand the basics of what's healthy, you are then free to customize your diet, exercise, and motivation programs to your own personal situation and needs.

6. And you really do need to **do that**, because your long-term success will only be assured when your daily fitness-related activities strike that balance between "enjoyable" and "effective."

In other words, if you don't like what you're doing, I guarantee you'll find some way to **not** do it. That's why you need to be very actively involved in custom-tailoring the information in this book to your own personal needs and wants.

7. The last "vital truth" I want to talk about may seem to contradict item #4 above, where I said "Fitness is the ultimate 'do it yourself' project." What that means is that nobody else can "make" you live a happy and health life.

Nobody else can do it for you. But other people absolutely can do it **with** you.

You now have at your fingertips all the expertise you'll ever need to be a smashing success with your personal fitness. But just as only an idiot would try to represent themselves in court or do their own brain surgery, only a fool would think that he or she must "go it alone" on the road to fitness.

This book is going to show you how to tap into all the resources you will ever need to create the success you want and deserve. So do yourself a huge favor. Use them as needed!

As my coaching clients will be quick to tell you, getting professional help can let you do in a matter of weeks or months what you may not have been able

to accomplish on your own in years -- or decades. That's what we're here for.

We're also going to be talking about "whole-person fitness" -- what that really is, what it means to you, and why it's the **only** way to go. Getting "all of you" involved in the "success process" will bring you wonderful benefits in every area of your life, including much-improved health, happiness, energy, fitness, and the ability to get what YOU want out of life.

What We'll Be Covering

I think it's important that you have a sense of where our journey is going and the ground we'll be covering. So let me give you a brief chapter-by-chapter overview:

My basic objective here in **Chapter One** has been to let you know something about who I am and why I'm here, and to give you a bit of a "wake-up call" about the difference between how your life is right now, how it could be, and why it's worth transforming the former into the latter.

In **Chapter Two** we'll look at "The Incredible Life That Could Be Yours - And Why You're Not Living It -- Yet." We'll explore the way things could be if people took better care of themselves, and lived by the guidelines that Global Health & Fitness and great success coaches provide.

We'll see how our world / culture has literally set us up to fail at fitness, health, and happiness through lifelong exposure to an avalanche of misinformation, disinformation, and outright lies.

We'll see how all of that garbage takes a terrible toll on our health and happiness, how it dramatically impacts what we can do in life, and how it even affects our chances for finding love and creating a happy family life!

In **Chapter Three** we'll be looking at why it's so vitally important to involve your whole self, body, mind, and spirit, in the success process. And please understand, it's **not** about religion or religious beliefs.

It's about recognizing that who we are is more than just what we can see, and that the parts of us we can't see and touch actually have a whole lot more influence on our health and happiness, and on reaching our dreams and goals, than the parts we **can** see.

We'll also talk about living in balance, the various parts of your life that need to be in balance, and why that's all so important. We'll see how America's obsession with "attacking symptoms" instead of dealing with root causes has resulted in a tragically unhealthy population, a terrible diet, very bad exercise habits, and has made obesity our #1 health problem..

In **Chapter Four** we'll discover that **lifelong** fitness success requires solving your health / weight / fitness problems at the root by identifying and eliminating the self-sabotaging beliefs and attitudes that are the true cause of your failure. As you will see, this "self-reprogramming" process is at the heart of helping you create the lasting **lifestyle** changes that are necessary for real success.

In fact, replacing your self-sabotaging beliefs with self-supportive ones will literally take you from **automatically** doing what doesn't work to **just as automatically** doing what does. The ultimate goal is to put all of your healthiest, most desirable behaviors on "auto-pilot" -- and you'll find out just how that's done!

In **Chapter Five** we'll take a good, long look at the crucial role of diet and nutrition in creating fitness. You'll find some wisdom from GHF, and some of the wisdom I've gathered over the years. And you'll find that all of it comes together seamlessly to create a very clear picture of what works and what doesn't.

Chapter Six gets into detail about the all-important part that exercise and physical activity play in getting you to your fitness goals. You'll discover the secret of actually **doing** the kind of exercise you have always wanted to do, and know that you should be doing.

In **Chapter Seven** we'll examine what it means to get in the "spirit" of success. Again, this is not about "religion" or any particular kind of spiritual

beliefs. It's about recognizing a very important, powerful, and extremely influential part of you that, tragically, has been neglected in most of us to the point where it's a mere withered branch of what could and should be a bounteous, fruit-bearing tree of life.

You are, of course, free to ignore this aspect of yourself -- as I once did. But I guarantee you that's a mistake I'll never make again!

In **Chapter Eight** I'll be showing you how to create your own personal, self-customizing "recipe for success" by putting all the pieces together. When you're finished, you'll have a step-by-step process for getting from wherever you are to wherever you want to be, by using GHF's various resources and mine as well, and some others you may find helpful.

In **Chapter Nine** I'm going to "get real." By that, I mean we'll explore the subject of making success happen in the real world, by taking a close look at how one success coach (me) walks his talk and creates his fitness on a daily basis. I'll give you a step-by-step, guided tour of what I do, why I do it, how it helps, and how you can take what I do and perhaps apply it in your own life.

In **Chapter Ten** we're going to do two very important things. It would be foolish indeed to imagine that there won't be any bumps, barriers, or blocks on your road to fitness success. Because "forewarned is forearmed," we're going to become very familiar with the 20 most common roadblocks as you learn how to blast them out of your way.

In **Chapter Eleven** we'll explore your "fast track to success." As I noted a minute ago, while creating a fit, happy, healthy life and lifestyle is the ultimate DIY project, only a fool would fail to take advantage of proven tools and resources that are already available and waiting for you.

Picture trying to drive nail with a hammer. Now picture trying to drive it with your fist. Does using the right tool make a difference? You bet! And sometimes that tool is going to be somebody else's expertise.

Chapter Twelve is all about the various other resources available to you on

your journey to health, happiness, and fitness. And believe me, as you'll soon understand, it's almost impossible to have any one of those things without the others, or even two out of three. But why would you want to? If it's all available -- and it is -- why not just enjoy all of it?

How To Get The Most Out Of This Guidebook

It's really simple. I have set things up in the order they need to be covered.

So just go through the book in a straight line, from start to finish. I guarantee you'll come out the other end with a whole new outlook, a new appreciation for your possibilities, and -- hopefully -- a powerful desire and commitment to get off your "butts" and make something happen!

I **know** you deserve it. I can only pray that you'll do it.

I also know that being inspired by the success of others can make a big difference in your motivation. If you'd like to see what some of my personal coaching clients are saying, please click on...

www.CoachFrankSmoot.com/clientcomments.htm

Now let's go see what a tremendous difference it will make in your life when you stop running on "1/3 power" and -- for the first time in your life -- bring **all** your success resources to the table!

- Chapter 2 -

The Incredible Life You Could Be Living, And Why It Might Not Be Yours -- Yet

Did you know that more than 72 percent of Americans are now overweight?

Did you also know that a shocking 25 percent of us are clinically obese? To be clinically obese is to be more than 20 percent over your healthy weight.

That means that, if the average American weighs 140 pounds, then a staggering 25 percent of us are almost **30 pounds overweight!**

Not long ago, obesity replaced heart problems as America's Number One health concern. So let me ask you, how is your health? Is it the way you thought it would be at this point in your life?

If not, I hope and pray that you will take to heart the material we're going to be covering in this book. It could literally be a matter of life and death for you.

I'm sure it wouldn't surprise you a bit to read the statistics about how all alarming our health problems have really become in America. I could recite a list of all the problems we have, and it might even serve to get your attention, and maybe even motivate you to take some action.

But since that list would fill several pages, I think I'll skip it.

I think it's obvious enough to anybody who has been paying attention that we Americans are the most overweight people on the planet. It's also clear that we are **not** the happiest or healthiest. In addition to our obesity epidemic, we are also the most stressed out, the most anxious, the greatest hypochondriacs, and the largest consumers of drugs, pills, and prescription medications.

I read that the average American now takes six different prescriptions a year. That means somebody's taking 12, since I'm not taking any. Is it just me, or is it getting crazy out?

The Cortisol Connection

Most of us know that a lot of stress is unhealthy, and we also understand that high stress levels lead to excess eating and other "compensatory behaviors." But how many of us understand that high stress levels also produce a hormone called cortisol, which in turn makes us even more likely to gain weight? [Please Chapter 12 for the full story.]

You know, I really don't want this book to be all about the bad news. (And don't worry -- it's not!) In fact, I don't even want to dwell on what's wrong. I would much rather focus on how we can make it right.

But before we can **fix** what's broke, we need to **know** what's broke. We need to understand what the **problem** is before we can be clear about what the **solution** is. So the first thing we need to understand is how we got into this mess in the first place. Only then can we find our way to the "exit" door that's going to get us out of "problem land" -- and into the wonderful world of solutions!

Let's start to little background information that will help us understand **how** we got to where we are, so we can be **clear** about where we are, so we can know what to **do** to get to where we want to **be**.

How Did We Ever Get Into This Mess?

The first thing you really, really need to understand is that it is absolutely **not your fault** if you are overweight, out of shape, in poor health, have low energy, can't get happy, and feel stressed out all the time. It's also not your fault if you're depressed, angry, frustrated, burned out, or all of the above.

It all happened because you were...

"Programmed To Fail"

This is a topic I have written extensively about in past articles and in other books and programs I've created. I hammer on it constantly because it's probably the single most important health lesson of all.

Yet -- tragically -- it's also the lesson the fewest people will ever learn. Why? Because there are so few people teaching it.

Even though I myself first learned this essential lesson several decades ago, I remember what a struggle it was to really let the information in -- to really accept that I, Frank, was "running on programming" that I did not create, didn't always enjoy, often suffered because of, and yet was almost totally unaware of for most of my life.

Prior to my "enlightenment," I simply had no concept of the disastrous consequences of my lifelong exposure to an avalanche of misinformation and lies. And I'm not just talking about lies from the fitness / weight-loss industries, or the pharmaceutical industry, or the government, or the so-called "health-care" industry. I'm talking about misinformation that I got -- and you got -- from virtually **every major information source in your life.**

I'm talking about bad information you got from your parents, your teachers, your relatives, your preachers, and anybody and everybody else who gave you the information that you internalized and now consider to be true.

My goal in this short discussion of how we all were programmed from "day one" is to help you understand the terrible toll that **your** programming can take on your health and happiness, how it can dramatically impact what you will be able to do in life, and how it can even affect your chances for finding love and creating a family!

Did you know that all of those things -- and every other aspect of your life --

are determined virtually 100 percent by the content of your own personal programming, and that virtually 100 percent of your programming originated **outside** you?

Don't you find that just a little bit scary? I know I did.

In other books I've written, I go into great detail about how this happens to us, and into even more detail about the horrendous consequences. But for our purposes here, what's important to understand is that **you** have been programmed to **believe, think, feel, and act** in certain ways, and that this programming is absolutely at the root of **whatever** happiness, health, or fitness problems may be plaguing your life **right now**.

Now, I understand that you may not believe what I'm telling you about your programming. But even so, I'd like to invite you to read the rest of this book **as if** it's true. If I ever had any doubts of my own about the reality and consequences of this external programming, they have long since been shoved aside by the harsh realities I've seen with coaching clients and, of course, in my own life as well.

I am crystal clear that my own personal programming has been the source of much pain and suffering for me, and I'm vibrantly aware how much better my life has gotten when I've taken the time to replace my bad programming with something a whole lot healthier.

And I've worked with more than enough clients in my life to tell you with total certainty that when **you** change the problems in **your** programming, **you** can resolve virtually any problem that **you** may currently be suffering from.

So for me, the power of your personal programming to harm -- or heal -- your life is no longer even open to question. I only hope that I can help you understand the consequences of **your** programming, and that you will then be willing to take action to fix whatever self-destructive programming you find.

The Secret Is In Where You Start

As you will see, in order to get fit, be healthy, lose weight, or get happy, the **very first** place you must put your attention is between your own ears.

I have done a tremendous amount of research over the years -- over the decades -- into what does and does not help us make the changes we want to make in life. And I can tell you that virtually **everyone** who begins their effort to lose weight and get fit by focusing **only** on diet and exercise is in for a lot of unnecessary frustration and struggle.

In fact, the single greatest reason why Americans are the most overweight, out-of-shape, stressed-out people on the planet is because we've been told all our lives to look in the wrong place for our solutions. We've been taught -- programmed -- to look to diet, exercise, or some combination of the two, never imagining that the real source of our fitness problems lay somewhere else entirely.

On the other hand, those who begin the getting-fit process by exploring **their own beliefs** will not only make much more progress, they will also see it happen more quickly and -- most important of all -- they will be rewarded with **permanent results**.

Yes, permanent results. At a time when an 19 out of 20 weight loss efforts end in failure, and we gain back a heartbreaking 95 percent of all the pounds we lose, I'm talking about making changes that not only lead to **success**, but to **permanent success**.

I'm talking about making changes that literally take you from having habits that sabotage you're health, happiness, and fitness, to having habits that **automatically** and **effortlessly** take you to your goals -- and then help you **stay there**.

Does that sound like a pipe dream? Nirvana? An unreal world? Well I promise you there's nothing unreal about it. How do I know? Because I see the real-world evidence every day. I see my clients' lives transformed because their **thinking** has been transformed. Because their **beliefs** have been transformed. Because their **programming** has been transformed. By **themselves**.

And I know without a doubt that, if **they** can do it, so can **you**. All you need is the right tools. And that's just what I am going to give you.

But before I can do that, there's something else I have to do. I have to somehow shake you out of denial and complacency, and into a place where you're not only willing to take **action**, but also know **what action to take**. And the best way I know to do that is to help you really understand how we got into this mess in the first place.

You may already have heard the term "compensatory eating". But have you ever wondered what in the heck are we eating to compensate **for**? Most often, we're trying to compensate for something -- or somethings -- that seem to be missing from our lives.

Or we may be trying to compensate for things in our lives that we wish were **not** there. But either way, we're eating too much in an attempt to compensate for the stress created by the **difference** between the way things **are** and the way we **think** they ought to be.

How **do** we think things "ought to be?" Well, that turns out to be a big part of the problem. Here in contemporary America we have a whole raft of notions, beliefs, ideas, and concepts about **how** we're supposed to be, **who** we're supposed to be, how **life** is supposed to be, and what it means when our experience of our lives -- or ourselves -- doesn't jive with our mental pictures.

Horatio Alger: Toxic Mythology's Poster Child

Have you ever heard of Horatio Alger? He was a literary character who symbolized for many what has come to be known as the "great American dream." He was the archetypal hero in the classic rags-to-riches stories that have always been such a central part of our American identity.

We admire people who make great things happen from small beginnings. We admire people who overcome adversity and disadvantage, and become "a success." We admire achievers, and we practically canonize superachievers.

But how many of us have internalized this notion to the point where it distorts our image of how success should look and feel in our own life? And even more importantly, how many of us understand the psychological price we can pay when we **fail** to achieve our own image of success?

What we end up with, all too often, is a boatload of guilt and self-blame -- all because we weren't able to make our **real** lives into carbon copies of some fairy-tale notion we think represents the "ideal" reality.

That is the sad heritage of our Puritan ethic. It's part of the price we pay for being born here.

But the true cost often shows up as a colossal amount of stress, frustration, self-deprecation, and deep unhappiness when we fail to meet our own expectations -- never even realizing that those expectations have **nothing** to do with who we are, and only represent "outside" opinions that were thrust upon us when we were too young and innocent to reject them, or even understand them.

It's Just One More Life-Destroying Example Of The Power Of Toxic Programming

I want to make it very clear why I take the time to tell you all of this. It's to help you understand the **true source and origin** of the very real health and fitness problems you may right now be facing everyday.

I tell you all of this to help you understand that, not only are your fitness, happiness, and health problems the **direct result** of beliefs and notions that originated outside you, but virtually all of the problems in your life have come from the same external sources.

And **none of it** was your fault.

But having said that, you also need to understand that if anything is to change

for the better, it is absolutely going to be **your responsibility** to make that happen. You may not have made the mess, but you're the one who's going to have to clean it up.

No, that's not fair. The truth is, it really sucks. But that's the way it is, and the sooner you can accept it, the sooner you will gain the power to do something about it.

It's not your fault that you go through your daily life swimming in a sea of toxic and unhealthy food. It's not your fault that your medical professionals have been taught to give you prescriptions to make your symptoms go away, without even considering -- let alone correcting -- the real, root cause of your problem.

It's not your fault that people all through your life have given you a lot of bad information. And it's not your fault that you've been so busy trying to survive your own life that you've never had the time to do the exploration to understand what's really happened to you.

For example, if you're trying to lose weight, you have probably been told everything from "it's your metabolism" to "you have an underactive thyroid" to "it's genetic" to "you need to get the carbs out of your diet" to "this pricey new exercise machine is all you really need."

Did anybody ever tell you that the **real, root cause** of your problem is what goes on between your years? The odds are 100 to 1 against it.

Even though extensive clinical research has proven this beyond a doubt, most people will never know it. I myself only know it because I stumbled across it in the clinical research journals. Prior to that, just like everybody else, I "knew" that the solution to a weight problem involved diet and exercise, with a big dose of "will power."

Stop The Insanity

Years ago a lady named Susan Powter ran a series of TV infomercials trying

to get us to "stop the insanity." Well as she has probably noticed, the insanity is still going strong. In fact, it's stronger than ever. Saturday morning television is saturated with an endless lineup of infomercials for every conceivable fitness and weight loss product.

Have you ever bought any of that stuff? Did it really work? If so, would you be reading this now?

My job here is to do everything I can to carry on the torch and help you stop the insanity. Do you remember that song, "The Way We Were?" Well right now, we're going to get out of the past and the present, and take a look at the way we **could** be – the way **you** could be, and by all rights, **should** be: enjoying **real** fitness, health, and happiness.

One of the things that's going to help you get there is to **truly** understand the origin of your health, happiness, and fitness problems.

What I'm about the share with you is so important that, even if you forget everything else in this book, please remember this.

Now, you probably won't have any problem agreeing that it works much better to solve a problem **at its root** than to merely attack the symptoms, right? Well what we're going to talk about now is at the root of virtually all of the fitness, health, and happiness, problems you have.

Am I trying to say that there is one, single root cause of **all** of these problems? **Yes!** That's **exactly** what I'm saying. And that root cause is your own **self-sabotaging beliefs and attitudes** -- the toxic aspects of your personal programming, which are the **real** reasons you do what you do in your daily life.

I'm sure you'd also agree that, if you did things differently in your life, then you'd experience different outcomes. For example, if you started doing unhealthier things, then your health would take a turn for the worse. And of course, if you did healthier things, then your health would get better. That's a no-brainer, right?.

Yet there's virtually no one among us who doesn't know what to do to get fit and be healthy. So the real question is, if we **know** what to do, then why don't we **do** it?

We've spent decades learning what a healthy diet consists of, and how important a good exercise program is. Yet even with all that knowledge, only a tiny fraction of us are actually living anywhere near our own health potential.

We understand the need. We understand the importance of correcting our problems. We even know what to do. But for some inexplicable reason, we don't do it! What in the heck is going on?

Well you are about to discover **why** you don't do it. But more importantly, you will discover what changes to make so that you will **start** doing what you know you should be doing. You're going to discover how to find what's really "broke" and then fix it -- so you can finally get from where you are right now to where you've always wanted to be.

And the magic keys to the kingdom consist of four "Success Factors" that extensive clinical research has identified as the **real** root causes of what we do -- and don't do -- in our lives.

The Four Life-Changing "Success Factors"

These four success factors are actually four categories of beliefs and attitudes that we all have. They are our most important four categories of beliefs and attitudes because of the tremendous power they wield over **every aspect** of our lives. Think of them as four "buckets," containing all your most important beliefs about life, about yourself, and about many other important things.

What's most important to understand is this: If you have **good** habits, this is where they "live." If you have bad habits, this is also where **they** live. In other words, this is the home of both your **problems** and your **solutions**. And once you really understand this, and learn how to make changes in the four

essential Success Factors, then you really will have the "keys to the kingdom."

What are these four magic Success Factors? They are:

1. Your **beliefs** about what you can and cannot do.
2. Your **self-image, or self-concept** -- who you "deep down" believe yourself to be.
3. Your level of **self-esteem**, or what I prefer to call your sense of "deservability."
4. Your sense of **self-responsibility** -- who you really think has been, is, and will be the person responsible for your success or failure.

Again, what I most want you to understand for now is that, if you have a problem in the area of health, happiness, or fitness, **this is where it lives**. This is where the root cause of your problem will be found -- which means that this is also where your **solution** will be found.

And more importantly, it means that if you go looking for your solution anywhere but here, you are barking up the wrong tree, and probably wasting a lot of time, effort, and money.

How Can You Ever Find A Solution If You Only Look In The Wrong Place?

On the other hand, if you look in the right place, if you find the true source of your problem, and if you then make changes **where it counts**, then you're on the shortest, fastest route to success. You're now making the most efficient use of your time, money, and energy

But most important, when you make changes where it counts, you get results that stay with you for the rest of your life. Can you imagine what it would be

like to be living the **best possible version** of your own life? Can you imagine what it would be like to be living at a high level of fitness, where happiness was the norm, and your health was so good that you never gave it a second thought?

I'm here to tell you that this is how it could be in your life.

Don't believe me? Well, I really can't say I blame you. After all, you have seen so little evidence in your life to support such a wild notion that it probably sounds ridiculous.

But what if your life only got, say, 50 percent better than it is right now?

What if it only got 25 percent better? Would that still be a pretty worthwhile improvement?

And if that first 25 percent happened for you, would you consider going after the next 25 percent? Could you possibly see yourself one day with a 100 percent improvement in your quality of life? And if you could make that happen, would it be worth a moderate investment of time and effort?

Imagine what it would be like if you woke up every day and actually felt like **getting** up. Imagine if you went to bed every night and slept well -- without aches and pains, with no stress or anxiety to keep you awake all night. Would that be worth getting excited about? Is that a goal worthy of your attention?

Think for moment about the countless benefits of turning your life around -- not just for you, but for your family -- your spouse, your kids. Imagine what it would feel like to provide a great **role model** for those around you.

Imagine what it would be like to be a living portrait of health and happiness, free of stress, free of aches and pains, and free to live the life you were put here to live.

You know, I find it fascinating that we look down our noses at many so-called Third World countries. Because whenever I go there -- and I've been to quite a few -- I find that the people I meet are invariably healthier, happier,

and a whole lot less stressed out than we are.

How is this possible? How can we in the land of plenty be so much worse off than people in the land of not-so-much?

Major Success Key: It's All About Priorities

The most popular toast I hear in Latin countries is "sauld, amor, dinero" -- health, love, money. **In that order**. And that's one **big** reason why they are almost always happier, healthier, and less stressed than we Americans are. Because they have their priorities in order.

In fact, here in the U.S., our priorities are completely reversed. Health ends up on the back burner, sacrificed on the altar of pursuing the almighty dollar. And love is wherever you find it.

Call me un-American, but I'm going to invite you to consider reordering your priorities. You see, I know from extensive personal experience that there is a **remarkably small difference** in beliefs and attitudes between people who are in shape and feeling great, and those whose lives are pretty much of a mess.

In fact, amazing as it may sound, you could be only a few small changes away from success. I know because I see it happen all the time. And if you will simply "weed out" some of your self-sabotaging beliefs and attitudes, your life will improve in ways you probably can't even imagine right now.

The best news of all is that you absolutely do not have to fix **all** of your self-sabotaging beliefs. You only have to "tilt the balance scale" from the negative side to the positive side.

All you really need is what I call a "critical mass" of self-supporting beliefs and attitudes. That's all it takes. Which means that you could right now be **very close** to success! In fact, you could be as little as "one daily action" away from victory! This is a concept I pioneered and often use with my coaching clients all the time. And many of my clients find that **one daily**

change is all it takes.

Before you finish this book, you may find that one daily change is all it will take for **you** to end up in the winner's circle. And that one small change could be the only thing that's standing between you and the life you dream of.

I think that's a very exciting possibility!

But what do **you** think? Are you serious about success? If so, what does the "Winner's Circle" look like to you? As our opening exercise, I'm going to give you a chance to start to figure that out right now. So take just a few minutes and write down...

The Five Wonderful Life Changes I Most Want To Become Reality In My Life One Year From Today

1.

2.

3.

4.

5.

And when you've done that, make a list of...

The Five Things I Most Want To Be Gone From My Life One Year From Today

1.

2.

3.

4.

5.

I really hope you made those two lists, because getting your life where you want it to be will absolutely not "happen to you." It's going to require your **active** participation, and your active participation here in this simple exercise will set the tone for your involvement with the rest of this book.

So if you haven't done that simple exercise, go do it! You'll thank me one day.

- Quick Recap -

I understand that a lot of what we've talked about here might be new to you. Maybe it even sounds a little weird. Or maybe not. But either way, let's briefly sum it all up before we move on to what's next.

It all begins with an understanding -- a crystal clear understanding -- that you have been **programmed** from childhood to do what you now do automatically, every day of your adult life.

*Whether you are aware of it or not, you are literally running on **auto-pilot** in many or most areas of your life.*

You have been programmed just as surely as the computer in your den, and just like that computer, you are right now operating on your "default settings."

So the question isn't whether you're running on auto-pilot, but **where** is your auto-pilot taking you? And what will happen if you don't change direction and chart a course for a better destination?

I hope you do now understand that the root cause of just about everything that's wrong in your life **right now** can be traced directly to the self-sabotaging beliefs and attitudes you picked up "way back when."

And I hope you can also see that, of the vast storehouse of beliefs and attitudes that lives between your ears, virtually all of them are "secondhand" - they came directly from somebody else's system of beliefs and attitudes.

Now, obviously, some of your beliefs and attitudes are healthy and functional, and they're necessary for functioning in your everyday life. In fact, the majority of them probably are.

But if you have a history of problems with weight, fitness, attitude, and health, you can be **sure** you have some self-sabotaging beliefs and attitudes lurking between your ears.

And just to make this point one last time, please understand that **none of this is your fault**. But if anything is to change for the better, it's definitely your **responsibility** to make it happen.

The "bottom line?" If you are **serious** about success, here's what you most need to understand:

The difference between a lifetime of struggling with fitness, health, and weight loss, or spending the rest of your life fit, trim, and at your healthiest weight boils down to ridding yourself of a few self-sabotaging beliefs that, right now, you aren't even aware you're operating on.

Now let's find out how you can start to find -- and fix -- those problem beliefs!

- Chapter 3 -

The Ultimate Secret Of Fitness, Health, And Happiness:

Get "All Of You" Involved In The Success Process!

You may have noticed that I talk a lot about being "fit, healthy, **and** happy."

What I want you to understand is that it's virtually impossible to be **any** of those things unless you are **all** of those things. And even if you do somehow manage to get fit and be healthy, what's the point if you're not also happy?

Remember that in the previous chapter we talked about how most Latin American cultures have their priorities in what I consider to be a healthier order than us North Americans. But they're definitely not the only ones.

The folks over in Arabia -- whatever we may think of their politics -- have made some great contributions to science over the years, and they also have something very wise to tell us about the importance of health.

You see, they invented the "base 10" numeric system that Western math and science are built on, and they use it to graphically illustrate the tremendous importance of prioritizing your health.

They say that when you count your blessings, you should write down the number "1" to represent your health, and then add a "0" for all your other blessings, such as money, love, friends, happiness, and whatever else you consider a blessing. Clearly, the bigger the number, the wealthier you are.

But if you lose your health, then you have to erase that numeral "1" in front of all the zeros. And what does that leave you with? Exactly. A bunch of zeros. Because without your health, that's just about what all the rest is worth.

See, the real goal is to be **healthy** so you can live without the constant energy drag of illness, to be **fit** so you can truly enjoy this amazing body you were given, and to be **happy** so that your life will be an experience of vibrant energy, good times, and great personal contribution.

The alternative is to get knocked around like a ball in a pin-ball machine until you fall into a hole and the "game over" light comes on.

What Is "Whole Self" Fitness?

What does it really mean for "all of you" to be fit? As we have seen, it's certainly not just a physical thing. True fitness involves every aspect of you -- the parts you can see and touch, and the parts you can't.

I'm sure you're familiar with the word "holistic." But what does it really mean? Some people will label it "New Agey" or even "airy-fairy," but all it really means is that **all** of who you are -- body, mind, and spirit -- needs to be involved in the success process.

The word "holistic" comes from the same root word as "whole," "healthy," and "hale" -- as in "hale and hearty." A holistic approach to health and fitness is simply one that recognizes that we are **more** than just our physical bodies, and that our mind and spirit also play a crucial role in health and happiness.

The point is that more than just your body needs to be involved in making your life a desirable place to be. That's because the condition of your physical body is really just a visible "symptom" -- of what's going on in your mind and spirit. In fact, your physical body may be best seen as a "diagnostic tool" to help you determine whether all is well -- or not so well -- in your life.

And this brings us to a crucially important point about trying to maintain, or even achieve, health, fitness, and happiness in contemporary America: Our so-called "health care" system.

If you're counting on our American "health care" system as it stands right

now to be a useful ally in your quest for wellness, I'm afraid you're in for a severe disappointment. That's because, over the last several decades, there has emerged an "unholy alliance" between the corporate health care providers, the pharmaceutical companies, the big food producers, and the your ever-helpful federal government.

While I don't have room go into detail here, there are plenty of books available that will give you the lowdown on this developing "evil empire." What you need to know is that **your health** is the lowest thing on **their agenda**.

Because it's **all** about the money.

I've been writing for years about how America's obsession with "attacking symptoms" instead of dealing with root causes has resulted in a tragically unhealthy population, a terrible diet, very bad exercise habits, and has made obesity our #1 health problem.

As we are all well aware, what we need more than anything are some real solutions. But what we have ended up with instead is an interlocking directorate of extremely well funded organizations whose business it is to profit from your **lack** of wellness.

Am I including the US Government in this conspiracy? Not necessarily as a whole. But you'd have to be incredibly naïve to think that your elected representatives in government are only motivated by their desire for your total health and happiness. The reality is that lobbyists from **every** industry that stands to profit from your illness are spending billions of dollars every year to make sure your representatives promote **their** agendas, not yours.

The result of all of this collusion is a disastrous, pill-pushing, symptom-swatting, profit-obsessed, government-backed health "care" juggernaut that is focused on illness rather than wellness. Because -- let's face it -- as long as you are well, they don't make any money.

That's why the focus of our "health care" system as it stands is **not** on wellness, or even on prevention, but on illness and -- at best -- symptom

reduction. At worst, the longer your symptoms remain, the more money you'll spend trying to get rid of them.

This is a harsh reality we simply can't afford to overlook. The giant and incredibly profitable pharmaceutical companies, the big health-care providers, and all the rest of this unholy conglomeration are -- first and foremost -- businesses. They have stockholders to answer to. And stockholders want profits, so that's what these industries are all about.

And they make their profits when you are **sick**, not when you are well. So please keep this fact in mind the next time you have to interact with your "health care" system.

What's The Solution?

In the area of your health, as in every other area of your life, the ultimate responsibility for your success falls into your own lap. If you will not take charge of your own health, that responsibility will end up -- by default -- in the hands of the very people who profit most from your **not** being well.

Meaningful responsibility has to begin with the understanding that you are not just your physical body. It has been well understood, since the mid-18th-century at least, that there is a powerful link between what goes on in your mind and the physical condition of your body.

Sigmund Freud may not have discovered this connection, but he wrote about it extensively in his discussions of psychosomatic illness.

It's important to understand that just because a condition or an illness is "psychosomatic," it doesn't mean it's not real. It's simply means that its true source is in the mind. Your mind. And any mental health professional will tell you that your thoughts influence every aspect of your health.

But do we only consist of body and mind? Or is there another aspect to who we are? Most philosophies hold that we are made up of three basic aspects: body, mind, and spirit.

Surveys show that more than 90 percent of Americans believe in a "higher power" whatever that term means to them. Call it God, higher consciousness, Oneness, Allah, the great "I Am," or any other name. But it represents what most of us would describe as the spiritual aspect of our lives and ourselves.

In contemporary American culture, most of us are very focused on our bodies, somewhat less on our minds, and very little if at all on our spirits.

This "body first" view of who we are can be both a good thing and a bad thing. On the one hand, it means that it won't be difficult to get us to understand how important body health is in the overall wellness picture. The problem, however, is that so few of us understand the crucial connection between body health and the health of our mind and spirit.

Of course, as we have seen, this is not our fault. We've been saturated from birth in a sea of misinformation from countless sources. And not just from the influential individuals close to us as we were growing up, but also those entities that make up our "health care" system.

For example, when considering the "objectivity" of an information source, we need to understand that America's food conglomerates -- all of which are profit-driven corporations -- have a vested interest in selling us what's most profitable, as opposed to what's most healthy.

Do you remember those colorful little charts on the wall in elementary school? The ones with the food groups in pyramids? Do you know where they came from? You'd think they were prepared by the government, or some other "objective" information source, wouldn't you?

But no. Those were "gifts" from American "agribiz" - put together by the very same folks who are **selling** you the food you eat. Just thought you'd want to know. It's amazing how extensive our programming really is, isn't it?

So, getting back to our discussion of taking responsibility for your own health and wellness, step one is to acknowledge that you truly are on your own. And as you may recall, that was also the focus of Success Factor #4.

Looking out for Number One is absolutely **your** job, because I promise you that nobody else is going to be doing it for you. As such, the best and smartest thing you can do is to get your hands on accurate, useful information -- something I'm very thankful I was able to do along the way, and something I now do my very best to provide.

One piece of extremely important information -- and one you probably didn't get in school -- is that we are **not** just our bodies. And if we don't approach our own health care with this understanding firmly in mind, we will soon fall back into the clutches of corporate "health care."

Consider again the word "holistic." Now imagine that you were given three priceless gifts at birth -- your body, mind, and spirit. Then ask yourself this question: If these three gifts make up who you all are, then which of them would it be okay to neglect or ignore?

Okay, that's a trick question. Because I know you'll agree with me that it's not okay to neglect **any** of them. But my next question is, which of these aspects of your self have **you** been neglecting or ignoring anyway?

Please check all that apply.

_____ I am guilty of ignoring, neglecting, or disrespecting my body.

_____ I am guilty of ignoring, neglecting, or disrespecting my mind.

_____ I am guilty of ignoring, neglecting, or disrespecting my spirit.

And once you've done that, just take a minute and write down what the consequences might be regarding each of the topics below. For example:

Neglecting my body has these negative consequences:

I'm out-of-shape, have no energy, don't look my best

I suffer low self-esteem, inner self-criticism

?

Now see what you can come up with for these aspects of yourself:

Neglecting my mind has these negative consequences:

Neglecting my spirit has these negative consequences:

Now consider how neglecting any aspect of yourself can have negative consequences in so many different areas of your life:

Neglecting my ___ has these negative consequences for my happiness:

Neglecting my ___ has these negative consequences for my love life:

Neglecting my ___ has these negative consequences for my family:

Neglecting my ___ has these negative consequences for my future:

Neglecting my ___ has these negative consequences for my career:

Neglecting my ___ has these negative consequences for my peace of mind:

Neglecting my ___ has these negative consequences for my longevity:

As I hope you can see, ignoring or neglecting any aspect of who you are can cost you in a wide variety of ways, and there's nothing to be gained from going through your life in denial of this fact.

Please don't get me wrong. I'm not trying to lay a guilt trip on you. My entire goal here is to wake you up, to help you get **out** of denial -- if that's where you happen to be -- and to make sure you understand the reality of what's going on in your own life.

Are you honoring your body?

Question: If your boss, a friend, an admirer, or anybody else gave you a brand new Mercedes, would you take excellent care of it? Of course you would.

Well you have been given a different kind of vehicle, and one that's infinitely more valuable: your own body. It's your vehicle for moving through this life, and it's capable of outlasting and out-performing any car ever made. Are you giving it the care it deserves?

Are you honoring your mind?

As we'll see on Chapter 4, your mind is your most powerful tool for changing your life. That's why you absolutely need to keep it sharp, learn how it works, and put it to use in transforming your life.

Truly, your mind is "where the action is." If you want to improve your life, or any aspect of it, this is the place to start. As I will constantly be reminding

you, your mind is the source of both your problems and your solutions, and nothing you can do will pay you greater dividends than learning how to manage its contents.

Are you honoring your spirit?

If you really are not a "spiritual person," please feel free to ignore this subject. But many people believe that the spiritual aspect is the most important of all in determining your health. And over the years, I have been forced -- by simply observing who succeeds and who doesn't -- to reach the same conclusion.

It has been my experience in my years of coaching that people who take a holistic approach to health do significantly better than those who take a body-only approach. Why? Extensive clinical research has shown that the condition of our bodies is much more influenced by what goes on **between our ears** than what goes into our mouths.

I have found that people who are willing to consider this possibility get better results because they recognize that what we can't see and touch is at least as real as what we can, and may have a much greater influence on our health.

I think we can all agree that a huge part of your ability to enjoy life – or even participate in it – is going to be **directly** determined by the health of your physical body. But getting your body healthy depends to a much greater degree than most people realize on your thinking, your mindset, and other nonphysical factors.

In fact, the clinical research I referred to a minute ago was responsible for what may be the single greatest health discovery of the 20th century -- the four Success Factors I mentioned before.

Recall that they involve...

- **Your Beliefs - about who you are and what you can (and can't) do**
- **Your Self Image, Or Self-Concept - how do you "see" yourself?**
- **Your Self-Esteem -- or what I call your sense of "deservability"**
- **Your Level Of Self-Responsibility - who is it all up to, really?**

These four Success Factors play an incredibly important role in becoming fit, healthy, and happy, and they are the **most powerful tools on the planet for changing your life**, so it will benefit us greatly to understand what they're all about. This will be the entire focus of our next chapter.

The lesson at hand is this: It's absolutely amazing how your life can be transformed if you will simply "fix what's broke." But before you can do that, you need to **find out** what's broke. And to do that, you need to be looking in the right place.

You can't fix your car's motor without making some corrections under the hood, and you can't fix your life without making some corrections between your ears. So let's find out how to do that.

- Chapter 4 -

Uncovering The Hidden Keys To *Lifelong* Success!

**"What a man can conceive and
believe, he can achieve."**

**"Nothing holds more power over
the body than beliefs of the mind."**

Deepak Chopra - *Ageless Body, Timeless Mind*

I hope you're now on the same page with me -- literally and figuratively -- about the importance of getting **all of you** involved in the success process. But where should you start? In my coaching, I always begin by getting my clients focused on the "mind" part.

Why not start with the body or the physical stuff? Two reasons. First, because -- as we have just seen -- the mind is where the real action is, because it's what ultimately determines what you will and won't do.

Second, because people are already so heavily programmed to associate health, fitness, and especially weight loss with such physical things as diet and exercise, that I literally have to put a moratorium on the discussion of either topic for at least the first three weeks of coaching.

Why do I need to take such a drastic step? Because that's what it takes to break people of the habit of automatically thinking in terms of diet and exercise when ever the subjects of health, fitness, or weight loss come up.

The High Price Of Barking Up The Wrong Tree

As we saw, extensive research shows that the **real power for change** lies in what goes on between your ears, not in what's on your plate. In fact, the main reason 96 percent of all weight loss efforts fail is because we're all so hopelessly focused -- obsessed -- with making changes in diet and exercise, never having a clue that the real, root cause of our problem isn't even physical!

Now, it may be as much of a surprise to you as it was to me to discover that the **real** cause of our problems in fitness, health, and happiness involves the four Success Factors we spoke about in the previous chapter. But it's a reality we simply can't afford to ignore if we're serious about fitness.

Am I saying that diet and exercise don't have a role to play in getting fit, staying fit, losing weight, maintaining optimum health, and creating happiness both now and in the future? No, diet and exercise have always had a role to play and always will, and it's a major role. In fact, two entire chapters of this book have been devoted to those two subjects.

But having said that, I need to tell you in the clearest possible terms that that focusing on diet and exercise is **not** the place to start your fitness program.

First Things First

If you have a history of struggling with fitness, fat loss, health, or happiness, you can be 100 percent sure that the **root** cause of these problems will be found in your belief system. Keep in mind that we're talking about beliefs that you adopted from influential others around you, typically at an early age, have maintained over the decades, and now operate on just as automatically as **any other programmed device**.

I understand that's not a very flattering comparison. Nobody wants to think they have much in common with the computer on their desktop. But the sooner we can accept that we are just as programmed as that computer is, the

sooner we can stop barking up the wrong tree and get to real solutions -- and start getting real and **lasting results**.

Actually, it's not quite accurate to say that we're programmed like computers. You see, none of us would ever expect a computer to create good output from bad programming. Yet we somehow expect ourselves to do that.

Why would we do such a dumb thing? More bad programming, of course!

As The Twig Is Bent...

You've probably heard the expression, "As the twig is bent, so grows the tree." And as we now know, a whole lot of that twig bending came in the form of the beliefs and attitudes that were pushed upon us in childhood. So the question is, how were **your** twigs bent?

If your health, happiness, and fitness levels are not where you'd like them to be, the repair process must start in your own programmed beliefs. As long as they operate unchallenged and unchanged, they will continue to do what they have always done -- and you will continue to pay the price.

Success Starts With A Simple 3-Step Sequence:

First, you must understand and that the real source of your problems is in your own self-sabotaging beliefs. Then your job is to identify those problem beliefs. Finally, you will replace them with beliefs that are self-supportive.

Sounds pretty simple, doesn't it? And it really is amazingly simple. It's even pretty easy. Best of all, the process can be enjoyable as well as enlightening. And it's infinitely more effective than what ever you may have been doing in the past.

If you have spent years or decades struggling to reach your health and fitness goals, but have little or no results to show for it, you'll find a whole new

world opening up for you when you start to spot and correct your self-sabotaging beliefs.

From Mindless Failure To Auto-Pilot Success!

A major bonus of this "mind-first" approach is that, once your beliefs are no longer sabotaging your efforts to become fit, healthy, and happy, the effort and struggle also begin to evaporate in the areas of diet and exercise. You discover -- to your amazement -- that eating a healthy diet and participating in a good exercise program have become natural, even effortless.

Now you discover that you can finally **use** and **benefit from** all the helpful information you have gathered about diet and exercise, because you can finally take consistent action. And you'll keep on doing so, year after year, decade after decade, and reap the benefits for the rest of your life.

But It's Not Just About Health And Fitness

I doubt that anybody on the planet has completely avoided negative programming. But it's important to understand our self-sabotaging beliefs don't always show up as sloppy self-care behaviors, bulging waistlines, depleted energy levels, or physical illness. They can manifest in a wide variety of ways from one person to the next.

For some of us, our self-sabotaging beliefs show up as drug or alcohol problems. For others they show as relationship problems. Still others can't keep a job. Some of us are even afraid to leave the house. More careers have probably been destroyed by self-sabotaging beliefs than by bad economies.

But one way or another, our self-sabotaging programming **always** shows up in our lives. And for most of us, it shows up in the areas of health, fitness, and happiness.

The Beauty Of Doing What Actually Works

Once you understand that defective programming is the only real problem you have, then a whole new world of possibilities will open up for you. Instead of your past failures being unfathomable mysteries with unattainable solutions, the clouds begin to part, the skies begin to clear, and you suddenly understand why your past failures couldn't have been anything **but** failures.

But more importantly, you now know where to look for **solutions**. Even more important than that, you can now **create** those solutions. And once you begin to make changes where it matters, in the root cause of your problems -- you discover that, not only are the traditional "stress and struggle" gone, but the changes you make bring you **permanent results!**

That's the beauty of solving a problem at its root. And once you do that, you have set yourself up for the greatest benefit of all. You start to experience the incredible transformation from automatically and unconsciously doing what **doesn't** work to automatically and unconsciously doing what **does** work.

Can you even imagine how that will change your life?

Now you can see why the **real** key to lifelong success is in what goes on between your **ears**. But to succeed, you need to get more specific. What **kinds** of self-sabotaging beliefs and attitudes do you need to be on the lookout for? It's time to answer the question...

Are These 4 "Psycho-Terrorists" Wrecking Your Life?

Before we start, let's keep a very important point in mind. Recall again that the vast majority of your self-sabotaging beliefs and attitudes did **not** originate in your own mind, but were "borrowed" from the world around you.

More accurately, they were crammed down your throat when you were too young and innocent to even grasp what was happening to you, let alone have the wisdom to evaluate it and reject it.

Over time, your self-sabotaging beliefs and attitudes led to entrenched behaviors, which then became habits, ultimately producing "**full auto-pilot**" behavior. That's when you consistently do things you **know** are not in your own best interest, and you keep doing them -- even when you **know** what they are and are totally clear that you **shouldn't** be doing them.

The main thing to understand is this: If you have a large quantity of self-sabotaging beliefs and attitudes that have been around long enough to become automatic, you are quite literally **programmed to fail**.

Now you see **why** your focus on diet and exercise has produced such disappointing results. Until you correct the self-sabotaging beliefs that are truly **at the heart** of your problem, making changes in diet and exercise is mostly an exercise in futility.

Now that you really understand what's at stake, it's time to become intimately familiar with the four Success Factors that will ultimately determine your success or failure. So let's take a close-up look at the four categories of beliefs, and then you'll see if you can identify any of **your own** self-sabotaging beliefs related to each of these Success Factors.

Success Factor One: **The Nature Of Your Beliefs**

Specifically, what you're looking for here are "limiting" beliefs -- that kind that start with "I can't," or "I have never" or "it's impossible" or "there's no way" -- you get the idea.

The research revealed that the people who succeed are the ones who believe they can -- and will -- reach their goals. The research (a massive review of some 47 separate clinical studies involving more than 16,000 individuals) has consistently shown that beliefs are the single most important factor in achieving any kind of success. That includes good health, fitness, happiness, prosperity, career, relationships, and any other category you can think of.

In fact, once you really grasp the importance -- the power -- of your own beliefs to shape not just your body but your entire life, you will see your entire existence in a new perspective. And you will start to be **very careful** about what you allow to happen between your ears.

I once heard a wise teacher say that, if you discovered a rattlesnake in your living room, getting rid of it would instantly become your number one priority. You would **drop everything** and rid your dwelling of this dangerous and toxic intruder.

It should be absolutely no different if you find a toxic and dangerous belief dwelling between your ears. If you really understood that it was just as dangerous to your health and well-being as that rattlesnake, you'd make it your top priority to get it out of your life immediately.

Success Factor Two: **Your Self Image / Self-Concept**

These four Success Factors are listed in the same order of importance that they showed up in the research. As such, the second most important factor in determining your success -- or failure -- is how you **see** yourself. Not the self you see when you look in the mirror, but the self you envision when you close your eyes.

Whether you know it or not, the self that you see in your mind is what **determines** the condition of the self you **will** see in the mirror. If you see yourself in your mind's eye as overweight, out of shape, unhappy person, then you will get to **be** an overweight, out of shape, unhappy person.

By the same token, if you see yourself as fit, trim, healthy, and happy, then that's what you will become.

Why? Because that is your **perception**, your "**visual belief**" about who you are, and nothing shapes your life as powerfully as your own beliefs. Whether

this is "fair" or not is irrelevant because it's true. So if you want to see changes in the mirror, you must **first** see them in your mind.

Success Factor Three: **Your Self-Esteem Or Sense Of "Deservability"**

Although the research showed this as the third most important Success Factor, I sometimes think it should be Number One because of my experience with so many coaching clients. It's amazing how many people simply don't believe -- for any number of reasons -- that they **deserve** to succeed. That's why I think the term "deservability" is much more appropriate.

Few people appear to understand the power of our sense of devertability. Most people think that we will get what we want if we just want it bad enough. Others believe that they're going to end up with whatever life throws their way. And some are convinced that we just get what we deserve.

But the truth is that we get what we **believe** we deserve, which is a very different thing. And we see once again, it is the power of **our own beliefs** that determines what we will and will not experience in life -- including our health, happiness, and level of fitness.

If you have been suffering from lack in any of these areas, it's a safe assumption that you have some "deservability issues" that need to be dealt with. And that's just what you'll have a chance to do in Chapter 8.

Success Factor Four: **Your Level Of Self-Responsibility**

The fourth major factor in success is the degree to which you are willing to take **personal responsibility** for the way your life is right now. As long as you continue to blame your problems on anyone or anything outside yourself, you also place the power to **solve** your problem outside yourself.

You have probably seen in your own life that the people who most often blame others for their unhappy circumstances are also the ones who never seem to get **beyond** those circumstances. And so it is with health and fitness.

We'll talk about these Success Factors in more detail as we go, and especially in Chapter 10, where you'll learn how to overcome the obstacles, barriers, and roadblocks that are most likely to get in your way as you begin the success process -- which will happen in Chapter 8.

Where Do We Go From Here?

Now that we're clear about **what** to do -- to identify our self-sabotaging beliefs and attitudes and replace them with self-supportive ones -- how, exactly, do we **do** that?

Well that's a great question, because virtually all programmed behavior is the result of beliefs that are almost entirely **unconscious**. And "unconscious," by definition, means that these beliefs are hidden from our conscious awareness, so we don't even know we have them.

What can we do about that? Well the first step involves a process known as "journaling," where you devote some time to focus in on what's not right in your life by writing down on paper (not on your computer) what it is that's not to your liking about your happiness, health, and fitness.

This is called "problem identification." This is what the military does whenever they are at war, and it is what we also need to do when we are warring against our own self-sabotaging beliefs.

That's Because You Can't Fix What You Can't See!

So your first goal is to "get conscious" about the unconscious or semi-conscious beliefs or attitudes that are behind your self-defeating behaviors, and the best way to do that is through written self-exploration. You'll have a

chance to do some of that in Chapter 8.

But even if you can't "see" or otherwise clearly identify your problem beliefs and attitudes directly, there is a different, more "stealthy" approach you can take. All you really need to do is to observe to your own behaviors.

Get really good at noticing exactly what you do -- especially at "crunch" times like when you know you **should** be eating better or getting some exercise -- but for some reason you're not. Then simply ask yourself the following question: "What would a person have to believe in order to behave this way?"

For example, if you saw someone else doing the same unhealthy behaviors that you find yourself doing, try to imagine what this person would have to **believe** in order to **behave** that way. What thoughts would they have to have in their minds? How would they justify their self-defeating behavior? There are many other tools for rooting out these hidden "success saboteurs," and will talk about them in a later chapter.

Now just to make sure we're still on the same wavelength, let's sum up what we've covered so far.

1. We are programmed to think what we think, believe what we believe, say what we say, and do what we do. So our job is to make that automatic process work **for** us instead of against us.
2. We do this by identifying and eliminating the self-sabotaging beliefs and attitudes that are the true cause of our failure. Our ultimate goal is to create healthy, self-supporting beliefs in place of the ones that are currently sabotaging our success, and then put these desirable behaviors on "auto-pilot"
3. This "reprogramming" process is at the heart of helping you create the **lifestyle** changes that are necessary for real success, and will -- quite literally -- take you from **automatically** doing what doesn't work to **just as automatically** doing what does.

The alternative to correcting your toxic beliefs is to continue to...

- ...operate in the dark...
- ...to waste yet more valuable time, effort, and money battling symptoms...
- ...to doom yourself to a life of struggle, failure...
- ...to never reach your goals...
- ...to wreak havoc on your body, mind and spirit...
- ...to put yourself through a huge amount of needless stress...
- ...to get frustrated and give up...
- ...wash, rinse, repeat....

Get the picture?

It's just another way of expressing the old adage that...

...if you always do what you've always done, then you'll always get what you've always gotten.

If you want the future to be something other than endless reruns of the past, then you have **got** to start seeing things differently and doing things differently.

Your life depends on it!

Now that I hope I've gotten you to see that real and lasting fitness success is virtually impossible without solving your problem at its root, let's move on the very important (and much more tangible) subject of food and diet.

- Chapter 5 -

The Truth About Food And Diet

Blasting Through All The Hype

Other than all the "mind stuff" we've just covered, I can't think of a single fitness-related topic that's surrounded by more confusion and misinformation than diet and nutrition.

On one hand, we are absolutely **obsessed** with figuring out what foods and recipes are healthy, because we know only too well that America is the most overweight and out-of-shape nation on the planet.

On the other hand, we're eating more fast food and junk food with each passing day. Clearly, we have a problem in this area.

But the most important thing we need to understand about diet and nutrition is that, no matter how much information we have, it doesn't matter what we **know**. It only matters what we **do** with what we know.

And what determines that? You guessed it -- our own beliefs and attitudes.

Which means that if you have enough good information about diet and nutrition and enough **self-supportive** beliefs and attitudes, then you will almost certainly eat well, and you will reap the rewards for doing so.

But if you have enough great diet and nutrition information to fill an encyclopedia, yet you are still operating on **self-sabotaging** beliefs and attitudes, then you will not eat well regardless, and you will pay the price.

And that's the way it is.

So with that little reminder in mind, let's talk about diet and nutrition.

The most important thing to understand about diet is that whatever works for anybody or everybody else doesn't matter one bit. You need to end up with the diet plan that **works best for you**, and you will **only** find out what that is through experimentation.

Here in this chapter are my own personal conclusions about diet and nutrition. After 30 or so years of study, here's what I have discovered in general terms to actually **work**, both for me and for my clients, and I hope you will find this information helpful.

But keep in mind, what really matters is what works for **you**.

What Is A Healthy Diet?

A major problem with this whole business of diet and nutrition is summed up by the old cliché that "one man's meat is another man's poison." And of course, that goes for women, too.

That's because what a healthy diet actually consists of can vary dramatically from one person to the next. For example, one of my absolute favorite foods on the planet is peanut butter. I've had it for breakfast almost every day of my life.

But one of my best friends would probably have to be rushed to the hospital if he ate peanut butter. In fact, simply eating lettuce that had been **in contact** with some nuts once caused him a scary allergic reaction.

While we don't have time here to deal with food allergies, they clearly need to be understood and factored into any diet plan. I was having lunch with my ex-wife down in Savannah, GA, one day, and she ordered crawfish gumbo. Now, since we had gotten divorced many years ago, I wasn't aware that she had picked up a shellfish allergy. But in the middle of the meal, she mentioned to me that she had.

I asked her if she knew that crawfish was shellfish, and was just deciding to live dangerously. She went kind of pale, and then informed me that we needed to go and get some antihistamines **very soon**.

I tell you this story to underscore the absolute need for each person to understand what foods do and do not work for them, and then to custom-tailor their diet accordingly.

The simple truth is that **there are no generic people!** Each of us is a totally unique individual. We were created that way, we need to see ourselves that way, and we need to treat ourselves that way.

That's why you need to discover and respect **your own** unique and special qualities and characteristics, and why you need to live and eat in a way that recognizes and honors your uniqueness.

Understanding And Avoiding The Seven Most Common Dietary Mistakes

Mistake #1 - Eating Unhealthy Food

We Americans are the world's undisputed champions of eating unhealthy food, unless you include those poor souls who live in tragically poverty stricken areas and have to literally scrounge through dumps and trash heaps to find something to eat.

Yet even then, some of what they find probably has fewer chemicals and toxins in it than what many of us are eating every day.

And if that doesn't make you think twice about your diet, I don't know what will.

My own basic guidelines for healthy eating fall into the category of what some would call the "cave man" diet. Basically, my philosophy is that, if it

didn't exist 5000 years ago, we probably shouldn't be eating it. (I do make an exception for my favorite apple, the Red Delicious -- which didn't even exist until 1948, when I was three years old ☺)

Actually, if you just backed up 500 years, you'd be in pretty good shape. Back then **all** food was "organic," and the soil typically had a lot more nutrients in it than it has today. But in the last century, and even more so in the last few decades, we've been dumping fertilizers on the ground and pumping chemicals into the food to such an alarming degree that we don't even know the cumulative toxic effects of it all.

So, of course, the healthiest approach is to eat organically produced vegetables and to buy meats that are free of antibiotics and growth hormones. These understandably cost more than their mass-produced counterparts, but more and more people are deciding that the higher price is worth it.

The first and simplest step toward cleaning up your diet is to...

Lose "The Whites"

A brief list of the foods that I do my best to avoid include what I call "the whites" -- white sugar, white bread, white rice, and milk. The first of those four begin life as products with a fair amount or a large amount of inherent nutrition, and then essentially have the life processed out of them.

The fourth one, milk, serves no useful purpose in the human body, and actually produces many negative side effects -- including allergies, sinus problems, and generally congested bodies. It's also been discovered to be a lousy source of calcium -- its one consistent claim to fame. In fact, some studies showed that milk actually removes more calcium from your body than it contributes.

I know this isn't what the American Dairy Association tells you. All I can say is, consider the source. I once read that cow's milk is chemically designed to take a calf to 500 pounds in one year. Does that sound like something you really need in **your** diet?

Carb Care

Most of the carbohydrates we eat in America today are "man-made" and very highly processed, which means that nature would scarcely recognize them. Eating these "unnatural" carbs can cause a surge in our insulin levels that makes it very difficult to lose weight.

Whenever possible, try to eat carbs that are produced by nature, and meddled with by man as little as possible.

Sugar also adds calories without offering any real nutritional value. What, exactly, **is** sugar? It comes in so many forms these days that it's almost impossible to find foods that don't contain it. (Thank the "Fanny Farmer Cookbooks," which date back a century or so.)

Two foods I consume frequently are salad dressings and spaghetti sauce. Did you know that 90+ percent of the products available in both categories contain sugar in significant quantities?

I strongly encourage you to become a careful reader of ingredients lists. You know -- the tiny ultra-fine print that food "manufacturers" are required put somewhere on each "food" product. Although they won't tell you how much sugar is in a product, ingredients are always listed with the first one being the most plentiful.

(Want a good scare? Don't wait until Halloween. Next time you're in a convenience store, grab a package of commercial cupcakes and read the ingredients. I'll bet you five bucks you can't pronounce it all correctly. HINT - If you can't spell it, don't eat it.)

And, of course, you should be aware of the huge range of substances that fall into the category of "sugar." That includes not just what **says** "sugar," but also cornstarch, sucrose, maltose, lactose, fructose, and especially high-fructose corn syrup -- which has become very popular with food processors for the simple reason that it's much cheaper than sugar.

The Hidden Cost Of Crappy Eating

When you eat junky, unhealthy food, it's not just your body that pays the price. You can also end up feeling "yucky" in your brain -- especially, the "morning after." You wake up with what a friend of mine used to call a "bad food hangover."

What causes this very noticeable feeling of yuckiness? Chemicals in what you ate? Excessive processing? Or does it just create a major drag on your energy? I really don't know. But what I do know is that it's a very real phenomenon. I see -- and feel -- it in my own life whenever I'm foolish enough to eat a lot of junk, which is really very seldom these days.

I also know this. If you eat junky food as part of your normal diet, you may be constantly suffering from a "bad food hangover." You could be spending all day every day in a toxic-food-induced state of sluggishness, lethargy, and general haziness, and not even know it.

If this sounds at all familiar, please believe me when I tell you that cleaning up your diet can change your life in ways you probably can't even imagine. I saw it happen in my life, and I've seen it happen with countless coaching clients.

Don't let it happen to you.

Mistake #2 - Not Eating A Truly Balanced Diet

What is a balanced diet? Again, this can vary a lot from one person to another. But as a very general rule, it includes the three basic nutrient groups of proteins, fats, and carbohydrates.

The healthiest meals are generally the best-balanced ones, with something from each of the basic nutrient groups. So if you eat a meal with very little protein and no complex carbohydrates -- such as a vegetable salad -- you're

not really getting complete nutrition, and you'll probably be hungry again pretty soon.

Of course, if weight loss is your goal, that's not necessarily a bad thing. But the healthiest approach is to include a protein source at every meal, such as lean meat, cottage cheese, egg whites, protein powder, or soy products. This will help you keep your metabolism functioning at an effective level, provide you with better-sustained energy, and also keep you feeling fuller longer.

You will also want to pay extra special attention to an important topic we'll be covering in a few minutes: the relationship between blood type, diet, health, and longevity. I think you'll find it eye-opening.

Mistake #3 - Eating Too Much Food

Without a doubt, this is our Number One dietary problem in America. We have a huge amount of food available, and we can generally afford to buy it. And despite what we say about being overworked and not having any time, it seems we can always find time to feed our faces. But more about that later.

We are so overweight, not just because we eat too much, but because we eat so many things that are unhealthy and fattening, and because we are so inactive. Our forbears could eat a lot more without gaining unwanted pounds because they were so much more active. As a result, they were also typically in better physical condition than we are. So they were all-around better fat burners than we are.

If we want to lose our excess pounds, we have a choice to make: eat less, exercise more, or (ideally) some combination of two. You will almost certainly be healthier and more fit if you both lower your caloric intake and raise your level of physical activity.

But we also need to understand that **weight loss** and **fat loss** can be **two very different things**. You can actually be losing weight but gaining fat if your diet is bad enough and you get very little exercise. Conversely, you can be losing weight and gaining lean muscle mass with a healthy combination of

diet and exercise.

That's why it's so important to be aware of the difference between weight loss and fat loss, and why you need to be measuring your progress by more than just the numbers on the scale. My own scale readings sometimes seem to be all over the place, especially after I eat much salty food. So make sure you're looking at the weekly trend, and don't get hung up on the daily numbers.

As a general rule, what you weigh is the result of calories in vs. calories burned. But some foods do get stored as fat more easily than others. There are also metabolic variations from one person to the next, and even within the same person from day to day, or even from hour to hour.

The bottom line is, calories do count. So if weight loss is your goal, that's something you had better know how to do: count calories. But it also matters what kind of calories you're consuming, as some calories are a lot healthier than others.

To be truly healthy, you need to be consuming healthy foods. So your best approach is to create a brand-new diet plan for yourself from scratch. Then you can adjust your caloric intake and exercise levels according to the results you're getting as you go.

And remember: You can have any kind of food you want. Just remember to stop eating when your stomach is full -- not when your face is full.

Mistake #4 - Not Knowing When To Eat, Or When To Stop Eating

This is another major problem here in America. While we will cover it in more detail a bit later, the first thing I want to say is that your stomach makes a very poor guide for when you should eat, especially if you have a history of not eating very healthfully.

My personal philosophy is that a person who's eating correctly will hear their

stomach grumble at least once a day. That's usually a clear sign that your digestive system has finished processing the last thing you gave it, and is now ready for the next thing.

I also have found that a simple way to determine how much to eat and when to eat is by the sun's position in the sky. The higher it is, the more of your daily caloric intake you can eat at the current meal. This means that lunch should be the big meal of the day. In fact, this is exactly what they do in many Latin countries.

Does it work? I spent two weeks in Cali, Colombia last year on vacation. I am absolutely sure that I ate more than I eat at home, and I got almost no exercise. Yet I lost five pounds. How is this possible? Because I was eating my big meal in the middle of the day, and my evening meal was really little more than a snack.

Of course, I should also mention that all the foods I ate in Cali were whole foods, minimally processed and with no preservatives or chemicals added. That's actually the norm in most Latin countries -- for now, at least.

I was thinking about publishing a book called "The Cali Diet," partially because the food is so much healthier than what we eat here. But then, who needs yet another diet book?

Portion Size

For us North Americans, learning what a healthy portion actually looks like may require some real re-education. The difference in fast food restaurant portion sizes now vs. 30 years ago is absolutely astonishing. Everything has gotten super sized -- including the clientele!

When should you stop eating at each meal? Before you're full, that's for sure - especially if you have a history of overeating.

I try to stop eating for the day immediately after dinner. In fact, whenever I decide that I would like to lose a few pounds, all I need to do is eliminate **any** eating after dinner. If I make no other changes, I will start to lose at least half

a pound a day. Is it possible that the same thing could happen for you?

Mistake #5 - Bad Food Combining

This is a subject that I find most of my clients to be completely in the dark about. And to be honest, I was in the dark myself for decades. I paid a heavy price because of it, in poor digestion, heartburn, sluggishness, poor nutrition assimilation, and just generally not feeling good.

Once I learned the fundamentals of healthy food combining, it was almost like having a new lease on life. You see, different foods like to be digested at different rates. An apple, for example, will want to move through your digestive tract very quickly if there's nothing else in there.

There are enzymes in apples that enhance digestion. In fact, three foods -- apples, pineapples, and papayas -- all contain more digestive enzymes than are required for their own digestion. So if you eat them with other foods, overall digestion will actually be enhanced.

Probably the worst food combining is to eat a heavy protein such as a steak along with a sugary carbohydrate, because the two have such different rates of digestion. The heavy protein takes much longer to digest, but the carbohydrate is still sitting there in your stomach with it, already digested and beginning to turn into sugar.

Under ideal circumstances, these food sugars would be released in the colon, where they would then become cell nutrients. But when they are trapped in your stomach along with the heavy protein, they start to ferment and cause gas, excess stomach acid, sour stomach, and indigestion.

Unfortunately, what I have just described is a typical evening meal in America. The only thing you could do to make it **less** healthy would be to dump some additional sugary food on top of it such as...a typical desert.

And once you've done that, the only thing that could make it even **worse** would be to slosh some acidic liquid on top of the whole mess. Something

like, say, coffee. Now you have created the perfect environment for serious indigestion -- and all the aches, pains, and bloating that goes with it.

Ask me how I know.

Mistake #6: Too Few / Too Many Meals A Day

There is disagreement about this subject, even among professionals. For example, many experts say that your healthiest approach is to eat small, frequent meals (5-6 per day), about 2½-3 hours apart, with the heavier meals being consumed earlier in the day and the last meal being consumed several hours before bedtime.

While I agree that smaller meals are healthier than bigger ones, that larger meals should be eaten earlier in the day, and that food consumption should totally stop several hours before bedtime, I don't categorically agree that five meals a day is a better idea than three.

Here's why. As anyone who's trying to lose weight will tell you, the biggest challenge is to **stop** eating once you start. Obviously, having this problem only three times a day will present you with a lot less of a challenge than having it five times a day.

But having said that, eating more meals that are smaller in size definitely promotes more efficient calorie burning. It also gets you accustomed to not having as much volume in your stomach, so you begin to feel full with less consumption.

In the end, it's a bit of a trade-off. If you have the discipline to eat 5 smaller meals, that's the way to go. But if you have a big problem stopping eating once you start, you might do better with the 3-meal approach.

Ultimately, of course, you should always experiment to find out what works best for you.

Mistake #7 - Drinking The Wrong Liquids, And At The Wrong Times

Still another area where many of us never got a good education is on the subject of what to drink, and when. Most of us know by now that we should be drinking lots of water every day. We also know that it should be something healthier than typical tap water. And we know we should be drinking roughly one ounce a day for every two pounds of body weight.

What we apparently don't know is **when** we should be drinking it.

Again, this is something I had to learn in adulthood, and I only learned it because my own digestion was so bad for so many years. For decades, I suffered from heartburn, due to the two primary reasons of bad food combining and not knowing when or what to drink.

But about 20 years ago I decided to get serious about this whole subject of nutrition and food combining, so I set out to learn everything I could. One of the most important things I learned -- and something that was totally contrary to what I had learned growing up -- was to **not** drink when I eat.

Yes, you heard that right. Do not drink with your meals. Or at the very least, limit yourself to a very little bit of water with your meal.

Why? For the simple reason that anything you drink dilutes your digestive juices. When I first heard this, it sounded ridiculous. I was accustomed to "washing down" my mouthfuls of food with some kind of liquid. It took a major leap of faith for me to eat without drinking. It meant chewing more slowly and carefully, and "ensalivating" my food thoroughly.

But I can't begin to tell you what a huge difference it has made in my digestion, in nutrient assimilation, in the complete elimination of heartburn, and in my overall health.

When **do** I drink? Before meals and between meals. Ideally, at least two

hours after meal or more than 30 minutes before. How do I know? Simply from decades of experimenting with the closest guinea pig at hand: me.

The Astohishing Link Between Blood Type, Diet, Health, And Life Span

Now I'm going to tell you something that, if you really get it, could literally change your life. Check this out.

A while back I stumbled across a book written by two Florida doctors who studied the relationship between blood type and life span. What they found was nothing short of astonishing. In a study that spanned several decades, they discovered that people with Type O blood were living -- are you ready for this? -- an average of **25 years longer** than people with Type A blood.

I'm not talking about 25 weeks, or 25 months. I'm talking about **25 years**.

Why do people with Type O blood live so much longer? It turns out that there are two main reasons. First, they have stronger stomach acid, which enables them to digest the large amounts of fat in the (typically horrible) American diet. Second, they have thinner blood, which significantly reduces the likelihood of clogged arteries and other vascular problems.

Fortunately for people with Type A blood, the research also revealed that this 25 year gap could be virtually eliminated if they would get the junk out of their diets and switch from a diet that was high in animal fats to one that was much more vegetarian.

This book was fascinating, and it covered a lot more than what I have just told you. Unfortunately, I gave the book away and forgot its title. But if you ever find it, it's well worth reading.

Now let me close this chapter with a short discussion of a topic that is near and dear to my heart.

The Incredible Importance Of A Clean And Fully-Functioning Colon

The single biggest change I ever made in my own health was in getting my colon clean and healthy. Now, I know this is a topic lots of people would just as soon avoid. But if I failed to mention it, I would be doing you a serious disservice.

This one change in my life eliminated so many other problems that I won't even list them here. What I will tell you is that, if you are interested in achieving maximum health, enjoying maximum energy, living to a ripe old age, getting rid of your allergies, getting the most nutrition from the food you eat, and eliminating a whole host of health problems while preventing others from ever happening (even including cancer), then get your colon clean.

Because this is such an incredibly important topic, I give away a bonus report along with this book that will tell you everything you need to know about colon cleansing. You will find it in Appendix One.

And, although it's extremely important to find out what works best for **you**, I don't think there's anybody whose health wouldn't be noticeably improved as a result of restoring optimum colon health and function.

Now that we've covered some of the basics about diet and nutrition, let's move onto the other major "body-oriented" topic of exercise and physical activity.

- Chapter 6 -

Exercise And Physical Activity: Simplified

Just as with eating right, getting the right amount (and kind) of exercise is all about discovering **what works for you**.

It really doesn't matter what anybody else is doing. It doesn't matter how many of your friends enjoy jogging, mountain hiking, mountain biking, skiing, tennis, working out at the gym, or doing spinning back kicks down the local karate studio.

This truly is all about you. And if you will approach the entire subject of exercise with that thought firmly in mind, you will avoid a whole lot of aggravation and stress, and you'll get actual results -- instead of getting bogged down in avoidance and procrastination.

For my part, I'm going to give you the most practical, down-to-earth guidelines I can. And I'm going to start with the four most important things I've learned about exercise and physical activity.

Here's the most important fundamental:

Keep It Simple!

Where have you heard this before? Probably everywhere, especially if you're in sales. Well guess what. For whole lot of people, getting yourself to exercise requires doing a bit of a sales job on your own mind.

That's because, as with everything else in life, we tend to avoid what's complicated. If you have a history of avoiding exercise, I'm willing to bet that you have some negative associations with it. It's too hard, it's too time-consuming, it requires too much planning, you're always sore afterwards, it involves too much travel, or -- the biggie -- you just plain don't like

exercising.

A core component of a fit and healthy life, and a happy one as well, is an appropriate exercise program. But with all the conflicting claims and misinformation we see on TV, how can we be sure what we need to do? We'll start by answering this question:

What Does "Effective" Exercise Actually Consist Of?

Effective exercise consists of two major components -- cardiovascular exercise and strength training. In order to enjoy optimum health and achieve maximum results, your fitness program needs to involve both kinds of exercise.

The goal is to get your body to **burn** fat rather than store it, and you do that by making sure that both cardiovascular exercise and strength training are part of your personal program. But just as with diet, the key to success with exercise lies in discovering what works for you, personally, and then finding a way to **incorporate your program into your daily life**.

My own personal exercise program is incredibly simple, yet allows me to reach my personal goals with zero stress or struggle. (I'll tell you exactly what I do in Chapter 9.) But one thing I can tell you right now is to that you absolutely will have to...

Make It Enjoyable, Or It Won't Get Done

Doesn't this just make sense? How much time do you **already** spend doing things you don't enjoy? Quite a bit, I'll bet. That's just how life is for about 95 percent population. So the last thing you need on your plate, so to speak, is one more thing you "should" be doing that's **not** enjoyable.

But imagine if you had an exercise program that you actually enjoyed! And what if you enjoyed it so much that you actually looked forward to doing it?

Would that dramatically improve the chances that you actually **do** it? Of course it would. And since actually doing it is the only thing that matters, then it would be an excellent investment of your time to figure out what kinds of exercise you enjoy.

Some General Guidelines For Strength Training

To avoid injury, always take a few minutes to warm up before you start and a few more minutes to cool down after you finish.

When you're working with weights, you want to keep your movements slow and deliberate, and avoid relying on momentum. You want to isolate the specific muscle group you're working with and not involve any other groups if possible.

Any strength-training program should involve at least one exercise for each major muscle group so you develop strength in a balanced way. Start with a number of repetitions that is slightly challenging but does not cause you pain or distress.

Then increase the number of repetitions per set as you go, always keeping yourself just a little bit ahead of your comfort zone. Continue to the point of muscle fatigue with each set of repetitions

Don't hurry or shortcut the process, but always perform each exercise through a full range of motion. Unless you're a hard-core body builder, the emphasis should be on fitness, strength, and a nice visual appearance -- not on pushing yourself to the point of pain and misery.

Remember, if it isn't enjoyable and rewarding on a **daily basis**, it will soon become an experience you'll want to avoid. But even so, you should feel a certain amount of burning and muscle fatigue at the end of your program. But you should not be so sore the next day that you can't comfortably move those muscles.

It's fine to rotate muscle groups that you're exercising, and then come back to

the first group and go through the entire cycle again. This is actually what I do, and I find it gives each muscle group time to recover much better than if I simply pushed each group to its absolute limit before moving onto the next.

Not many of us can come up with an optimal workout program on our own, and that includes me. I found that getting some outside expert help really improved what I was doing and showed me how to involve muscle groups that I had been neglecting.

Major Success Key: Build Your Exercise Program Into Your Life, Don't Make It Separate

This one is not so obvious. I hate to say that it took me a few decades to figure it out, but that's the case.

See, I used to have a much more active lifestyle because I spent quite a few years in the construction industry. I had my own company, but I worked just as hard as any of my employees. And believe me, construction work is a great way to stay in shape and keep the unwanted pounds away.

But for many years now, I have had a "desk job." I spend most of my day either sitting in front of my computer or talking on the phone with my coaching clients. It's hard to burn calories that way. So I had to devise a way to keep myself in shape. (More about that in Chapter 9.)

What I ultimately had to do was to incorporate my exercise program into my life, rather than making it something I did in my "spare time." How did I figure that out? Because I noticed I was working a lot, and when my "spare" time rolled around I felt a whole lot more like doing **nothing** than exercising.

Maybe you can relate?

So I needed to figure out how I could get a reasonable amount of exercise without having to leave the house, or at least not go very far. Then I had to make sure that these activities were actually built into the day, just like

getting up, eating, showering, or any other part of my daily routine. Truth is, no other approach would have worked.

Now let's talk about Cardiovascular Exercise, the other important component of fitness.

Cardiovascular Exercise

Whereas working with weights contributes to fitness and fat burning by improving your metabolism -- your body's ability to burn fat -- cardiovascular exercise actually burns the fat **as you do it**.

It is the nature of the human body to try to store fat. This is something we are simply programmed (there's that word again) to do by millennia of existence through times of both feast and famine.

So you need to be aware that, left to its own devices, your body would rather store fat than burn it. I tell you this because you might as well know up front what you're up against.

But having said that, it's **your** mind (and not your body) that's ultimately in charge. So if you would rather burn fat than store it, that option is certainly within your power. And the most effective way to burn fat is through cardiovascular exercise.

Ideally, you will want to engage in cardiovascular exercise three times a week, or more if possible, and you should aim for least 30 minutes per session. The idea is to get both your heart rate and your respiration up to levels that are double or triple your resting levels.

But again, I really want to emphasize that whatever you do needs to be custom-tailored to **your own** personal situation, and especially to your current level of health and fitness.

This is not the time to get macho, but to go to the opposite extreme by fully engaging your brain before you involve your body. Remember that

everything we're talking about in this book -- health, fitness, and happiness -- all begins between your ears. All your "decisions" -- both conscious and unconscious -- are made here.

We're talking about making changes that will positively affect the **rest of your life**. So make it a point to think long-term. I'm not saying you need to consult your family doctor before you start a fitness program, though that is certainly not a bad idea if your health is at all questionable or shaky.

What I am saying is that you absolutely need to think the process through and determine what your specific goals are before you can develop a realistic plan to reach them. We'll talk a lot more about this in Chapter 8.

It works best for most people to do more than one kind of cardiovascular exercise. Some people limit themselves to jogging, others to biking, and still others to hiking. But what's healthier than any single form of exercise is a broad mix that includes several different kinds of cardio exercise. This will serve both to prevent boredom and to promote a broader more balanced development of your body. Which brings us to...

Interval Training - You should do a mix of fairly high-intensity exercise and fairly low-intensity exercise, especially if you're just getting started. This is known as "interval training." Your intervals will ideally last from 2 to 10 minutes.

A typical example of interval training is the classic walk-run-walk exercise routine. You might walk for 10 minutes just to loosen up and warm up, then run for 10 minutes, or even five, if that's where you are in your development process, and then walk for another 10 minutes. You could, of course, double these numbers if you're in better shape.

You can do this same kind of interval training in any form of cardio exercise, whether it's hiking, biking, jogging, or kick-boxing. Just make sure you strike the happy balance between doing enough to be beneficial and not doing so much that you don't want to do it again.

You will find that the more activity you build into your day, the more

energized you will feel, the more active your metabolism will be, and more easily you will reach your fat loss and fitness goals. Oh yeah, you will also feel a lot better mentally and emotionally, because there's nothing that drags your spirit down more than sitting on your butt all day long.

Now let's talk about something called...

Composite Training - The most interesting approach, and the one least likely to lead to boredom, is called "composite training." This is where you rotate from one kind of cardio activity to another one. You do a little warm up, maybe some jogging, a little biking, a few minutes more of jogging, walk for a bit, and then call it a day.

Or if it's not an option to do outdoor activities, you can go to the health club and alternate between the various cardio options available there, such as the treadmill and the stair-stepper. Just remember that your twin goals are to create an exercise program that will (a) get you in shape and keep you in shape, and will (b) be enjoyable and therefore sustainable. If either of those ingredients is missing, you'll most likely end up being disappointed.

Flexibility Training

There are tremendous advantages to being flexible, both in your body and in your life. I am convinced that keeping my own body highly flexible is the main reason why I never sustain any injuries during the many rigorous physical activities I participate in -- including running like a mad man down mountain trails strewn with rocks and other obstacles.

I really don't recommend such activities for most sane people, as a bad fall could be quite disastrous. I just do it for the sheer, childlike exuberance it brings me.

Turning Good Ideas Into Habitual Behaviors

One of my major goals in putting this book together is to plant firmly in your mind the fact that achieving success at fitness, health, and happiness, depends almost entirely on the nature of your own beliefs and attitudes - which as we have seen, are also the root source of your habits.

If you have a pulse, you have **some** habits. You have some good habits, and you have some not-so-good habits. That's just the way it is for us human beings. Habits are the natural result of repeated behaviors that are in some way rewarded. Any behavior that's not somehow rewarded is eventually "extinguished," to use one of my favorite clinical psych terms.

All of your **current** habits are based -- however unconsciously -- on the belief that the behavior they create is on some level "okay" with you. By okay, I don't mean healthy. I mean it's okay with your ego. (That is a huge topic unto itself, and a fascinating one. But one we won't get into here.)

A "habit" is really just another word for an automatic behavior. Your goal is to replace your **automatic** self-sabotaging behaviors with **automatic** self-supportive ones.

Since all behaviors originate with your beliefs, then once the beliefs are fixed, the behaviors will **automatically** fix themselves. And once that happens, doing what's healthy will become just as automatic as doing what's unhealthy used to be. No more stress and struggle, no more reliance on will-power, and no more backsliding. Just automatically doing what works.

Does that sound a better than what ever you've been doing up to now?

What Are Your Goals?

Important question: Do you want to be a competitive body builder, a power lifter, or a marathon runner?

Or do you just want to be a fit happy and healthy "ordinary" person?

Since 99 percent of us fall into the second category, that's who this book is

written for. And with that thought in mind, I'm now going to tell you something you probably won't hear anywhere else.

If your primary goal is fitness, then you should probably be focusing equally on smart eating and appropriate exercise. But if your primary goal is weight loss, then I guarantee you that cutting down on calories will get you results a whole lot faster and with a whole lot less work than trying to get there through increased exercise.

Think about it. If it takes you a mile of jogging to burn off one cookie's worth of calories, does it make more sense to run five extra miles, or to eat five less cookies? To me, that's a no-brainer.

I'm not going to get into the details of what happens with your body chemistry as a result of the different kinds of exercises. First, because I don't know much about it. Second, because I care even less about it. And third, because I don't think you really need to know it, either.

Because, as we noted earlier, it's not about what you **know**, it's about what you **do** with what you know. If you have enough self-supporting beliefs and attitudes, you'll **find a way** to get the exercise you need. But if you have too many self-sabotaging beliefs and attitudes, you're simply not going to get enough exercise -- or perhaps any at all -- no matter what the circumstances.

A Few Important Generalities

Let me sum this all up for you by leaving you with the few general thoughts about exercise and physical activity. As I will continue to emphasize, this is all about doing what works for **you**.

In general, doing anything is better than doing nothing. But doing too much is worse than not doing enough. That's why I strongly suggest moderation. While you may not get yourself in great shape from doing too little exercise, you're also not going to injure yourself or put yourself out of commission and end up unable to exercise at all.

I know from decades of experience that we Americans tend to take all-or-nothing views about almost everything. This can be disastrous when it comes to any aspect of life, including diet and exercise. So I strongly encourage you to take a moderate approach. Extremes are both unhealthy and unsustainable.

Now that we've talked in some detail about getting your mind and body involved in the success process, let's talk for a few minutes about that elusive "third aspect," and see what it takes to get into the "spirit of success."

- Chapter 7 -

Getting Into The Spirit Of Success

Let me make it crystal clear right up front: this is **not** about "religion."

Although our focus here will definitely be on the spiritual aspect of who we are, I am absolutely not talking about any particular religion, or about religion and all. I have my own beliefs, and I respect yours 100 percent, whatever they may be.

And the truth is, most of us acquired our religious or spiritual beliefs in much the same way we acquired all our other beliefs -- from the influential people around us in our lives.

Or maybe you picked of yours up later in life, like I did.

Or maybe you have no beliefs that all, as I did for much of my life. Maybe you think that spirituality is complete and total nonsense. If so, then please feel free to skip this chapter. Like I said, I respect everybody's right to believe whatever they want.

Besides, you don't have to use every tool in the box to get the job done.

But if you are spiritually inclined, then I invite you to take a closer look at the role your spiritual aspect plays in your ability to create a life full of health, fitness, and happiness.

[NOTE - If you would like to learn about a powerful, proven spiritual / Biblical approach to fitness and weight loss, I invite you to visit <http://www.WeightLossGodsWay.com>.]

One of the reasons why I encourage a spiritual approach to improving your life is because of the difference I see it making with my own coaching clients.

Now, because of my great respect for individual spiritual beliefs, the only question I ever ask new clients about this topic is if they **have** any spiritual beliefs. If they do, I then ask them whether they would like to incorporate their spiritual practice into the coaching process.

If they say yes, then we do. And what I have noticed over the years is that people who do incorporate their spirituality into their coaching program invariably make better progress than those who don't.

Now, it took me a while to figure out why this might be the case. But eventually I realized that people who have a spiritual orientation already understand that what you **can't** see is at least as real -- and possibly a lot more influential in your life -- than what you **can** see.

And considering that the root causes of our problem (those self-sabotaging beliefs and attitudes) in the areas of health, happiness, and fitness clearly lie in the realm of the "unseen," the awareness that this realm exists can be a powerful asset on your journey to success.

What You Don't Know And Can't See Can Definitely Hurt You. It Already Has

Even before I had any particular spiritual beliefs of my own, I thought it was a bit naïve to believe that what we can see and touch is all there is. And now, after decades of study, I'm convinced that what we can see is just the tip of the iceberg of what's actually there.

In fact, I now believe that what you can see is simply the physical, tangible "consequence" of what's happening in the parts of us that we can't see. And since the research makes it unmistakably clear that the real, root causes of an out-of-shape body will be found in our own beliefs and attitudes, then it all makes perfect sense.

If you spend any amount of time studying the secrets of health, fitness, and

happiness, you will almost unavoidably end up studying the body, mind, and spirit, and how they are interconnected and interdependent.

As far back as the earliest days of psychology, the link between mind and body was well established. And of course, that's just in Western medicine. Eastern medicine has been aware of this connection for millennia.

In fact, if you were to ask any Eastern medical or health practitioner if they believed that body, mind, and spirit were interdependent, they would probably look at you like you were an idiot -- because the body-mind-spirit connection is such a fundamental assumption of Eastern health care that it's considered an indisputable fact.

Meanwhile, back in the USA it's just as obvious that we **don't** make that assumption -- at least where our "health care" system is concerned. There are, of course, notable exceptions -- specifically among holistic practitioners who almost always see personal health in terms of physical, mental, and emotional well-being.

But in general, it's safe to say that the greater American culture is almost totally focused on the physical aspects of life. Or more accurately, on the material aspects.

The Mind And Spirit Of America

The mental aspect of our lives gets a fair amount of attention, but mostly under the umbrella of what we call "mental health," or more often "mental illness." Our awareness of the importance of mental health isn't too surprising, since it's a subject well studied by the universities of America.

And of course, as we saw before, it was university researchers who also confirmed the powerful connection between beliefs and physical fitness/weight loss, when they discovered the influence of the four Success Factors.

But without a doubt, the most neglected aspect of ourselves here in material-obsessed America is our spirit. It's something most of us think about only on

Sunday, if at all.

Yet even now, there is large and growing body of evidence suggesting that good health and happiness can **only** exist in the presence of inner peace, and that inner peace is determined by what's happening in our mind and spirit.

It's becoming clear that there's a definite price to pay for ignoring one-third or even two-thirds of who we are. If we don't learn how to create an environment of **inner** peace, we are setting ourselves up for high stress, low health, high anxiety, low serenity, high blood pressure, low happiness, high obesity, and low fitness.

How Do So Many People In Such A Materially-Oriented Culture Justify Neglecting Their Own Bodies???

Ironically, the one aspect of "materialism" that it **would** be healthy for us to focus on is the one we most neglect – our own bodies! Of course, this, too, is the direct result of lifetime of exposure to misinformation, half-truth, and plain old lies.

And interestingly, even in this culture where spirituality is clearly on the back burner (if not completely off the stove), we still recognize the importance of spirit in our everyday language. For example, we have terms like "broken spirit" and "dispirited." As we all know, "dispirited" actually means "depressed," and depression is a problem that's growing almost as fast as obesity.

Again, I don't care what your spiritual faith is, or if you even have one. But I strongly believe that if you're going to achieve the kind of fitness, health, and happiness you truly deserve, you must eventually recognize that there's more to you than what you can see and touch.

And more important than that, you will ultimately need to accept that the **unseen** part of you has a greater **influence** over your health and happiness than the physical parts you can see -- including your body and whatever you

do with it or put into it.

Keeping It Short And Sweet

I'm going to keep this chapter short and sweet because, if I haven't made my point about the importance of our spiritual aspect by now, I doubt I'll be able to make it at all.

But I think it's important to point out that the self-sabotaging beliefs and attitudes that are so clearly at the root of our problem all have in common one thing: They are **negative** in nature.

They either involve negative, limiting beliefs about what you can do, or a negative, self-deprecating image of who you are, or a negative and narrow concept of what you deserve, or a negative view of your own power to make things happen in your life.

So many of my clients have told me that what they want more than anything in their lives is peace, serenity, stress relief, and the bliss that comes **naturally** in the absence of stress and negativity.

And every one of my clients who stays the course and becomes a success story also eventually discovers something I learned decades ago, amid an endless string of seminars, retreats, encountered groups, and other personal-growth-oriented activities.

They discover -- to their amazement -- that...

Bliss Is Optional

What does that mean? It means that, when they have cleaned out enough of their negative, self-sabotaging beliefs and attitudes, and replaced them with healthy ones, they start to see life -- and themselves -- very differently.

When they have analyzed their own beliefs in light of the four Success Factors -- and especially Factor #4, self-responsibility -- they begin to see that they really are the authors" of their moment-to-moment experience of life.

They discover that what they **think** determines how they **feel**, and that **they themselves** are in charge of what they **think**. They discover that to control your thinking is literally to control your experience of life. At some point, it becomes unignorably clear that all suffering is self-inflicted. And if you don't want to suffer, well, you just choose not to!

By the same token, if you want to feel happy, peaceful, and serene, it's really as simple as making the choice to do so. That's what I'm talking about when I say that "bliss is optional.'

Now, I don't mind telling you that this can be a pretty radical concept the first time you hear it. And probably the 10th time as well.

But if you continue to explore the "mechanics" of how we humans actually do create our individual experience of life, you will inevitably reach the same conclusion: that bliss truly is optional, and that it depends **entirely** on what each of us is doing -- consciously or unconsciously -- between our own ears.

Looking For Guidance?

I don't think it will come as a surprise to you -- especially if you're reading this chapter -- if I tell you that lots of people are looking for guidance in their lives. Some "ask God" for guidance, some just use the word "divine," others ask for "spiritual" guidance, some want it from "the universe," and some people don't much care where their guidance comes from.

But no matter where you seek yours, there's one thing to keep in mind above all else. The only way you're ever going to be able to hear what "spirit" or any other source of wisdom is trying to tell you is **turn your own mind off long enough to hear it.**

In fact, the reason so few people ever get in touch with "universal wisdom" available to all is that their minds are so jammed full of their own chaotic thinking that the Universe can't get a word in edgewise!

So my personal "Rx" is to build some down time / meditation time / prayer time / quiet time into every single day -- just as you should be building healthy eating and good exercise into every day.

I have found, over the past 20 years, that ALL of my best ideas come to me when I'm either (a) hiking, (b) on a quiet drive, (c) laying down for a brief rest, or (d) having my daily tub soak. Which, not so conveniently, are also all the worst times to write anything down for future reference. Good thing I have a pretty good memory. (But of course, a tape recorder is even better.)

So Let Me Wind This Chapter Down By Asking You A Question.

Do you believe it is merely a coincidence that, as we Americans have become ever more materialistic and ever less spiritual, we have also become heavier, unhappier, and unhealthier? I think not.

I like to say that spirit "trumps" mind, and mind "trumps" body. It's a conclusion I've more or less been forced to reach after 30 or so years of studying human behavior.

What does that mean? Simply that a healthy and vibrant spirit has tremendous power to help us create and maintain happiness and a peaceful mind, which in turn does wonders for us, and makes it so much easier for us to attain and enjoy the high level of fitness, health, and happiness that is our birthright.

- Chapter 8 -

Creating Your Personal "Recipe For Success!"

Creating a fit, healthy, happy life in the real world is a bit like gambling in Las Vegas. First, even though you're in the game, you don't get to deal the cards (your childhood programming). That part is out of your hands.

Second, in order to really win, you have to be playing where the action is.

But fortunately, you do get to play the hand you're dealt any way you want. And also fortunately, the game is Draw Poker – so you do get to exchange at least some of your cards.

Unfortunately, the deck is stacked against you from day one. That's because - to some degree or to a large degree -- you were programmed to fail.

But the smart ones learn the rules of the game, win as often as they really need to, and have a great time in the process. And one of the most important rules to understand is this:

Just as big doors swing on little hinges, and just as a large ship is steered by a small rudder, your life can be turned in an entirely new direction just by making a few small changes.

Of course, they must be the right changes. And as I hope you now understand, making a lot of changes in your diet and exercise program **before** you have identified and corrected the problems with your beliefs and attitudes is **not** going to get you the lasting results you want!

Why? Because you simply won't stick with your program long enough to get or keep the results you wanted.

But if you start where the real action is, by making changes in the root cause

of your problems, then you set yourself up for a **lifetime** of success!

Just imagine how much easier your life will be when you no longer have to struggle with food and exercise because your self-sabotaging beliefs are no longer blocking you at every turn.

Imagine what it will be like when you **automatically** start making healthy choices about diet and exercise -- **without** stress, struggle, backsliding, or any feelings of self-deprivation or self-denial.

Well that's a process you can start **right now**. Because in this chapter we're going to be putting all the pieces together. Here you'll find a step-by step process for getting from wherever you are to wherever you want to be, by using the specific "success system" we're about to start exploring

10 Proven Steps To Lifelong Success

Have you gotten "derailed" on your way to success in the past, and didn't know why? That's a demoralizing and confusing experience, and it can totally sabotage your progress and stop you in your tracks if you don't know how to get the success process jump-started again.

Based on decades of experience with human behavior change, I have developed a powerful and proven 10-step system that will help you clearly identify **where** you've been getting derailed so you can get back on track and finally reach your destination!

All you need to do is build your own personal program around these 10 steps. Not only will you then have all your bases covered, but you'll also be able to clearly identify what's been **keeping you** from enjoying the success you so richly deserve.

Whether it's health, fitness, or happiness you want the most, the keys to all three will be found among these 10 steps. So if you're ready to stop spinning your wheels and get some traction toward your goals, then let's get started!

First I'll list the steps with a brief explanation of each. Then in the next section we'll get started creating your custom-tailored success plan!

Step 1 - Identify Your Specific Goals - It's no coincidence that first place most people fail is right here at the first step. If you don't know where you want to go, then your odds of getting there are pretty slim. So the success process begins by **clearly** identifying your destination.

Step 2 - Create Your Clear Vision - A major problem for most people is the failure to create some kind of the vision of how their success should look and feel. Many people claim that they "can't visualize," but this simply isn't true. Any of us can envision the appearance of our house, our car, or our loved ones. And that's all that visualization really is. The only difference is that, with visualization, you are picturing what you haven't yet seen with your physical eyes.

Step 3 - Develop Your Compelling Motivations - Motivations are the rocket fuel that will blast you to success. Many of my clients come to me with a fairly clear picture of where they want to be, but without clear **reasons why** they want to be there ("pull" motivations), or without clear **reasons why** it's unacceptable to stay where they are ("push" motivations). Both "push" and "pull" motivations are necessary for success.

Step 4 - Affirm Your Desired Results - This is a step that very few people understand the need for, and even fewer know how to do. We've all heard affirmations like "Every day, in every way, I'm getting better and better." That is the ultimate in lame, impotent, useless affirmations! Yet it's tragically typical of the ones most people use. You can do much better! And you'll **need** to if you expect to get any real results.

Step 5 - Define Your Action Plan - A clear destination is of little value without a plan for getting there. And the more specific and detailed your plan is, the better your chances of getting there. But what most people don't understand is that they need both a "Plan A" **and** a "Plan B." You'll soon see why.

Step 6 - Act Appropriately And Consistently - There's no point having a

plan if you don't **take action** on your plan, and do so **consistently**. SO many people fail at this point. They start off with a bang, and end up with a whimper. (Sound all too familiar?)

Step 7 - Evaluate Your Results Objectively - OK, you followed your plan, and you met with less than stunning success. But that's not a problem! In fact, that's what a wise person will expect. Only the foolish expect to get everything right on the first try. The key is to figure out what went wrong so you can fix it. It's called "learning."

Step 8 - Identify Your Problems Clearly - This is no place for vague answers. You need to identify -- in very specific terms -- what part of your plan is working and what part is not. If you don't clearly identify what's wrong, how in the world will you know what to fix?

Step 9 - Modify Your Strategy Accordingly - Once you figure out what's broke, then you need to fix it. And you may not get this right on the first try, either. So you need to have a solid commitment to success, and the resilience to keep experimenting and learn through trial and error without giving up.

Step 10 - Repeat Steps 6-9 As Necessary - When you figure out what needs changing, simply change it. Redesign your action plan as necessary, and see how the new plan goes. And if you find something else that's not working, fix it and try again. The only true failure is quitting.

Using This 10-Step Process To Create Your Personalized Success Plan

Here is **your** opportunity to design your own personalized, customized "lifestyle upgrade" program. I strongly suggest you create a notebook just for this purpose, and get used to writing in it. Call it your "Success Journal" and write in it everyday. I can tell you that my coaching clients who write the most are **always** the ones who make the most progress.

Success Step 1 - Identify Your Specific Goals

What, exactly, are your weight loss / fitness / mood-attitude goals? Are they healthy? Are they realistic? What is your **healthy** weight -- not necessarily your "ideal" weight? What is your optimal body fat percentage? And more important than either of those questions, **who** are you doing all this for? If it's not primarily for you, I can pretty much guarantee that it won't work.

This really does need to be **all about you**, and you need to be clear how you will **personally benefit** from making changes that you have in mind. To help you do that, let's start your goal identification process by making a list of:

The 10 Things I Most Want / Need To Change In My Life

Please note that the lines on these pages are only "symbolic," to let you know when it's time to write something down. You should be writing everything down in your own Success Journal.

Once you've made a list of the 10 things you would most like to change in your life, it's time to **get specific** about the changes you're going to make. Based on the fact that there are three aspects of you -- body, mind, and spirit - - may I suggest that you create some goals in each category?

Part A - Getting The Body I've Always Wanted

Changes I'd Like To Make In My Body

Changes I'd Like To Make In My Diet

Changes I'd Like To Make In My Exercise Program

Any Additional Physical / Material Changes I'd Like To Make (energy level, general health, etc.)

Part B - Getting My Head On Straight

Remember the four Success Factors we've been talking about? Your first assignment here is to evaluate yourself in terms of these four factors. It works like this: If you think you have no problems at all with a particular Success Factor, rate yourself a "10."

On the other hand, if you know you're basket case regarding a certain Success Factor, give yourself a score of "1." And **do** be honest with yourself. You gain nothing and lose a lot by being in denial about your own weak spots.

To save you having to go back in the book and find them, I'm listing the four Success Factors here again. Rate yourself on each one.

Changes I'd Like To Make In My Beliefs

Changes I'd Like To Make In My Self-Image

Changes I'd Like To Make In My Self-Esteem

Changes I'd Like To Make In My Level Of Self-Responsibility

Part C - Waking Up My Spirit

Changes I'd To Make In My Spirit

Changes I'd Like To Regarding Peace, Happiness, Serenity, Stress-Reduction, Eliminating Anxiety, etc... (you get the idea)

Success Step 2 - Create Your Clear Vision

Trying to reach any goal (or make anything at all happen in your life) without a clear vision of what the desired outcome is supposed to look like, is like trying to put a jigsaw puzzle together without having the picture on the cover of the box. How incredibly much easier is it to put the pieces together when you have a clear picture to go by? And how maddeningly difficult is it without the picture?

It's exactly the same whether you're working on the jigsaw puzzle or the health and fitness puzzle. To end up with what you want, you need to begin with a clear image of the finished project! So in your Success Journal, write least one full page describing your vision of success for you. How does it look? How does it feel? Get as many senses involved as you can.

Success Step 3 - Develop Your Compelling Motivations

Why is it so important that you reach your goals? **How** will your life be different? How will you **personally** benefit? **Why** would it be so absolutely unacceptable to stay where you are?

What you need here is a hard-headed, brutally honest cost-benefit analysis. Your objective is to make yourself so vibrantly aware of the benefits of success -- and so painfully aware the cost of failure -- that your emotional awareness alone will provide a major part of the fuel for your success.

Write a **lot** about this!

Success Step 4 - Affirm Your Desired Results

Affirmations differ from goals in one important way. Where goals are spoken from the point of view of looking into the future, affirmations are spoken from the point of view of already having achieved your success. They are always expressed in the present tense "as if" they are now being experienced..

But most affirmations fail to produce any results for one crucial reason: They lack **passion** and **emotion**. First, your affirmations must be **written** with passion and emotion. They must literally **excite** you when you read them to yourself. Anyone else reading them would also describe them as exciting, though I don't recommend showing your affirmations to other people.

But the real key to getting results is in the **reading aloud** of your

affirmations. It may sound bizarre, but to get maximum results, you must revert to an almost childlike state, and put as much energy behind them as a child demanding action of his mother.

You must put enough energy and emotion into your affirmations to almost scare yourself. Because, regardless of what you may have heard about "prayers of affirmation," it's not God's mind you're trying to change. It's **your own**.

Actually, it's your own **ego** you're trying to get through to. And while egos are fairly resistant to logic, they are suckers for passion. So **create** and **speak** your affirmations with **passion!**

My Five Most Sizzling Affirmations:

Success Step 5 - Define Your Action Plan

Your action plan will fall into two general categories. The first category is to identify "Specific Behavior Changes I Will Make"

Then you want to identify "Specific Actions I Will Take To Get Me To My Goals"

Again, you don't have to get all of this right on the very first try. But you do need to have **something** in writing as a starting point. Otherwise you will be operating in the dark. If you don't keep a written record of what you're doing, you won't know what to change.

A very important part of your action plan involves what I call "Plan A" and "Plan B." I doubt that you will bump into this super-powerful technique anywhere else you go. It is the product of many, many hours of coaching experience, and I've found to be a potent tool indeed.

The good news is, it's so simple that you don't even need a coach!

Plan A, Stage 1 - Plan A starts with an objective look at three typical days in your life. Not three ideal days, but three days that are **typical** the way you live right now. For this typical three-day period, you will make a complete list of everything you eat, when you eat it, where you eat it, why you eat it, and exactly how many calories were contained in each portion. You also keep track of everything you drink in the same way.

You also keep an accurate record of any and all physical activity that could remotely be considered exercise. I don't mean that you should log in every time you walk up a flight of stairs, unless it's 10 stories or more.

The purpose here is to establish a "baseline" of the way you're living right now. That's why accuracy is so important, so don't "idealize" what you write. Just be honest about it.

Plan A, Stage 2 - Then you create the same kind of record of what you would **like** to be doing instead. Create your "ideal" day of diet and exercise -- the way you'd be living if you were **already** at your goals.

You make a list of what you would like to be eating for three days. (Let me quickly add that, when I say what you would "like" to be eating, I'm talking about the **healthy** food you would like to be eating, not the banana splits and Snickers bars.)

You will also design an ideal exercise program for yourself. This "Stage 2" list should not be so radical that there's zero chance you'll ever put it into practice. But it should be a significant departure from what you normally do, and it should give you something really healthy to aspire to.

Of course, we all know that it can take quite awhile to get our **actual** behavior in line with our **ideal** behavior. And we know, without a doubt, that there will be some backsliding along the way. Sometimes you just fall off the wagon. It happens.

The key is to NOT beat yourself up for your failure, but to get back on your Plan A as soon as possible. The solution? Plan B.

Plan B - Plan B has one purpose, and one purpose only -- to get you back on Plan A. Plan B came into existence as a kind of countermeasure, because almost everyone who falls off the wagon starts beating themselves up in one way or another. They get negative, they get self-critical, they get depressed, they get bummed-out.

And then they do something totally counterproductive.

One way or another, nobody seems to do well when they don't live up to their own expectations. But worse than just falling off the wagon, they usually go into some kind of self-destructive behavior. This typically involves -- guess what -- doing exactly the **opposite** behavior from that which will get them to their goals.

If the goal was weight loss, they pig out. And then, of course, they feel worse than ever. They want to completely give up. Quit. They feel like failures -- which, of course, sets them up to actually **be** failures.

That's why Plan B is so powerful. It's a **pre-rehearsed dialogue** that you're going to have with yourself whenever you do slip up and fall off the wagon. It is a forgiving, understanding, compassionate conversation with yourself that is absolutely **not** intended to excuse or dismiss the fact that you violated your agreement with yourself, but instead recognizes that nobody is perfect, or needs to be.

Basically, the purpose of Plan B is to keep you from doing anything stupid when you violate Plan A. Then, since are not carrying around a bunch of unnecessary mental junk or emotional garbage, you can quickly return to Plan A. This combination of Plan A and Plan B has turned out to be a very

powerful and effective approach.

Success Step 6 - Act Appropriately -- And Consistently

Everything you have done up to now is totally wasted if you do not convert your plan into consistent action. A tremendous amount of failure takes place at this crucial step. Not only do you need to act out your plan, but you need to do so consistently. Every day. Whether you feel like it or not.

This is where clear goals and powerful motivations become so essential. They **provide** the "feel like it" when the going gets tough.

Now, I'm not saying you have to be militaristic about it. I don't believe in pushing yourself excessively hard if your energy is low, or if you don't feel particularly good that day. But if you let yourself slack off one day, make sure you get back on track the next day. If you give yourself more than two days off in a row, you run a serious risk of quitting your program altogether.

Step 7 - Evaluate Your Results Objectively

Now that you've done your program for a while, what is happening? Are you actually **doing** what you said you would do? If so, is anything changing?

If you're not doing what you said you would do, why aren't you?

If you **are** doing what you said you would do, yet nothing is happening, what might you need to do differently? If you are doing what you said you would do, and good things are happening, how will you **celebrate**?

HINT - Not with food!

Step 8 - Identify Your Problems Clearly

Continuing with the previous step, what really seems to be the problem? You really, really need to be objective at this step. Look back over your day. Look back over your week. What did you do? What did you not do? At this point there are three helpful lists you can make. They are:

A - Things I Do That I Know Are Not Helpful

B - Why I Think I Am Doing Them Anyway

C - The Truth About My Inner Dialogue

Also at this point, you really want to start paying attention to your inner dialogue -- the conversation that goes on between your ears all day, every day. You know the one I'm talking about. It's the one, two (or more) voices inside your head that are constantly arguing, debating, judging, and evaluating what you say, what other people say, and what it all means.

You want to be especially attentive to any **negative comments** that you make to yourself during the course of the day.

I actually recommend my clients keep a "Negativity Log," where they write down any negative or self-defeating comments that they make to themselves during the day. This is a powerful technique for helping you to spot and expose your self-sabotaging beliefs, and how your inner words may be translating into the actions that are keeping you from reaching your goals.

Step 9 - Modify Your Strategy Accordingly

If you have done all the previous steps, and kept good notes, and paid lots of attention, then you now have information you didn't have when you started. Now your job is to take what you have learned and use this new information to **restructure** your steps as necessary.

If you have discovered that certain things aren't working, then determine what new things you could be doing instead. The important thing is to try something **new**, something **different** than what you did before.

The key to success is trial and error coupled with persistence. This is also a good point to think about getting additional help, whether it's just more information, or working with a coach or counselor. But whatever you do, don't give up. Just try something different. And keep trying different things to you figure out what works for you.

Step 10 - Repeat Steps 6-9 As Necessary

I don't think this step requires a lot of explanation. To the degree that you are reaching your goals, give yourself a hearty pat on the back and some well-deserved congratulations. To the degree that you are not reaching your goals, go back to Step 6 and start again from there.

Happiness, Peace, And Stress Reduction

While the emphasis in this book has been more on health and fitness than on happiness and your "inner experience," it should be clear by now that all of them go together. It really is very hard to have just a few. Generally you will have all, or none at all.

It should be no surprise that one of the great keys to having higher happiness levels in your life is to have lower stress levels. While there are literally

dozens of ways to reduce your stress, I only have room here to talk about a few.

We should also talk about why stress reduction is so important. While most people understand that excess stress is unhealthy, and that it can lead to "compensatory eating" (where you eat excessively to compensate for something you think is missing from your life), few people understand that there is actually a physiological connection between being stressed and gaining weight.

Revisiting The Cortisol Connection

As I noted back in Chapter 2, there is a hormone called cortisol that is produced when we're highly stressed, and this hormone has been shown to lead **directly** to weight gain. I have included an article on this subject in Chapter 12.

For now, let's just be clear that there are many good reasons to get the excess stress out of your life. While a moderate level of stress is not only inevitable but actually healthy, excess stress can be destructive, and even deadly.

Another great stressor in America comes to us from our Puritan heritage. I'm talking about our chronic unwillingness or inability to cleanly and clearly express our emotions.

In fact, it has been observed that many Americans are "emotionally constipated." Why? Because we just don't "flow" through our lives like we could and should be doing, and like people in many other countries are doing.

Like any "violation" of our natural tendencies, this emotional constipation carries a price, and that price always involves stress. Emotions are made to be expressed, and the failure to express them leads to an increase in internal pressure -- kind of like a soft drink can being shaken up.

Maybe you already know how that feels.

But did you know that **emotional** constipation can lead to **physical** constipation? Most people are not aware of this, but the truth is that, if you don't flow freely through life, life won't flow freely through you.

That's why I recommend that you perform "open heart" surgery whenever you feel the need. You need to open up your heart and **set free** whatever feelings want to come out. This may require a little more "getting in touch with yourself" than you're used to, but it will set you free where it counts most, and will also make you a much happier and healthier person.

Another question: Have you lost your playfulness? Have you "outgrown" your childlike ability to just be silly and have fun? If so, you need to spend more time hanging around children and actually **playing** with them. Try it sometime. It will benefit you both. If you really want to stay young forever, there are little teachers all around you. Learn from them!

The Truest Cliché: Count Your Blessings!

One of the best anti-stress devices ever created is gratitude. There's nothing like counting your blessings and being thankful for what you have to yank you out of your own little world and help you see how much better you have it than most of the rest of the world.

In the past year we have had global catastrophes and calamities like no year before. To the degree that none of that affected you, you have a **wonderful** opportunity to be grateful.

The grateful mind is constantly fixed upon the best. Therefore it tends to become the best. It takes the form or character of the best, and will receive the best. -- Wallace Wattles

And finally, I will share one more major anti-stress secret with you. This is something I never tell anyone other than my clients, possibly because most people aren't ready to hear it. But if you want to really lighten up your life here is a major secret of success:

*Discover how many things are none of your business
-- and stop wasting your energy and attention on them!*

Stop trying to fix other people's lives, and focus on fixing your own. You just won't believe how much better your life will be. Not only will it make you feel a whole lot better and get your focus where it will actually do you some good, but it will take a tremendous load off your shoulders that should never have been there the first place!

Auto-Pilot Victory: Making The Success Process Automatic

As I have mentioned so many times, our ultimate goal is to make the success process **automatic**. By that, I mean that we want to set up our life so that doing the **right** things becomes just as automatic as doing the **wrong** things used to be. And as I hope you're sick of hearing by now, the key to doing that is to get rid of the self-sabotaging beliefs that have been blocking your progress all long.

While the entirety of Chapter 10 is devoted to helping you blast your roadblocks out of your way, the most important thing to understand is that 90 percent of your roadblocks are between your ears.

Any behavior that's been around for more than a few months is probably a habit. Now, there is absolutely nothing wrong with habits. In fact, habits are an important part of life. They give us shortcuts. They let us do things on a repeating basis without having to think about them too much.

But if we're doing the **wrong** things habitually, it's obvious that this is going to produce negative consequences in our lives. On the other hand, if we're doing the right things habitually, it will just as obviously produce **positive** consequences for us.

Once you get your beliefs and attitudes straightened out, it becomes very easy to consistently do the kinds of behaviors that **help** you reach your fitness,

health, and happiness goals. And once you have done those behaviors for a month or two, you will find them becoming habitual. Automatic.

And once **that** happens, you will "officially" be running on auto-pilot **toward** your goals instead of away from them -- and that's what it's all about!

* * *

Now that I've shown you the things that are so important for **you** to do, let me give you a glimpse into my own life. I'll show you exactly how I put these various techniques to work, and how I maintain my fitness, health, and happiness year after year with virtually no effort or struggle.

After all, it would be a pretty unconvincing book if I couldn't walk my own talk, wouldn't it?

- Chapter 9 -

Creating Lifelong Fitness In The Real World: A Day In The Life Of A Highly Effective Success Coach

In this chapter I'll be giving you an inside look into a typical day in my own life. I'd like to show you what I personally do to maintain a level of health, fitness, and happiness that I believe is **well** above average.

As we go, I'll be including whatever parts of my personal lifestyle philosophy seem relevant to the topic at hand. I'll do my best to show you how I keep my life in balance, and how I keep the stress out of it.

I've chosen a format that's very simple to follow. The things I actually **do** during the course of the day are left-justified on the page, and always begin with a time notation (see below). Following that, my **explanation** of what I do and why I do it is indented a bit, and actually makes up about 90% of the text. You'll figure it out fast!

Tuesday, November 5, 2005: A Typical Day

- 5:15 a.m. - Wake-up! Find my way to the bathroom and, before I leave, hop on the scale. It says 155. Looking good to me!

Now, we've all heard that eight hours of sleep is ideal. But I honestly can't remember the last time I had that much. For me, normal is going to bed at 11 p.m., reading for a bit, and usually being asleep by 11:30. Then I wake-up around 5 or 5:30 in the a.m. I get up immediately. I haven't even used an alarm clock -- let alone a snooze button -- in decades.

Which brings us to another item from my personal philosophy. I have always maintained that, for people who are trying to lose weight, weighing yourself every day is the best approach. I also saw on TV that a national weight loss study just came to the same conclusion.

But having said that, I again want to emphasize that **fat loss** and **weight loss** are two different things, and you can be losing weight but gaining fat if you sit on your butt a lot and what food you eat is high in fat but low in nutrients.

Is daily weighing a good thing anyway? Yes, to the degree that it keeps your mind firmly on your goal. But if you measure your progress **only** by the numbers on the scale, you may get demoralized in a hurry. The fluctuations during the course of a day, or even over several days, can be entirely the result of water gain, and give you no indication of the fat loss which may actually be happening.

And by the way, if you've ever paid much attention, you've probably noticed that your most stress-inducing thoughts (fear, worries, anxieties, etc.) tend to wake up with you. In fact, they might even wake **you** up.

If you're not careful and attentive, they can start your day off in a very unhappy direction that may take you the whole rest of day to recover from. Not fun! I noticed this nasty little reality many years ago, so now I make sure to prioritize some positive thinking very early in the day.

I also count my blessings -- something that's been especially easy this year, as my house hasn't been the scene of any tsunamis, earthquakes, hurricanes, riots, explosions, terrorist attacks, or disease outbreaks.

I also notice that the fridge is full, the house is warm, the roof is still over my head, and my health is still excellent. I suspect that all of us here in the land of plenty have a **lot** more to be thankful for than we generally -- or ever -- acknowledge.

In the past, I've been one of the worst offenders. That's why I make it a point to do and recommend a brief "blessings assessment" every

morning. This is a great idea for several reasons. First, it makes sure your morning doesn't go down the tubes -- and take the rest of your day with it.

Second, it's a perfect example of the power of taking **active control** of your own thinking, which gives you the great benefits of both Success Factor One (what you **believe**) and Success Factor Four (taking **responsibility** for your experience).

The result? I have virtually **no** "bad days." One a month, at most. And no worries, anxieties, and no stress. Sound unrealistic? I guarantee you it's not. And I can tell you, it was **not** always this way for me.

But once I understood the tremendous power we have over what goes on between our ears -- and the tremendous influence that has on our daily lives -- I took the bull (or more accurately, the BS) by the horns. Now I make it a priority to get **any** traces of worry, fear, or negativity out of my thinking the moment I discover they've crept in.

- 5:30 a.m. - Coffee! With just a hint of cream and raw sugar.

But not just any coffee. Since I only allow myself one cup a day -- my "morning indulgence" -- it's the best of the best. A primo Central American mountain blend, locally manufactured. One cup wakes me up. Two cups make me jittery and give me a little neck-ache. Don't need it.

While the coffee's perking in my little cup-at-a-time coffee maker, I drink a glass of filtered water with the juice of 1/4 lemon. The lemon water serves two purposes. First, it hydrates me. It's the first of many glasses of water I'll have during the day. I drink the often-recommended amount of 1 ounce for every two pounds of body weight.

The lemon juice also serves as an alkalizing agent, a good antidote to any acidic toxins that may have accumulated overnight. This is highly recommended, as acidic bodies are more likely to get sick.

- 5:45 a.m - 1/2 Grapefruit. Kick-start the digestive process while alkalizing

my system. A good "two-for-one" deal! I watch a little of the local news and weather. The world and I are both waking up at about the same leisurely pace.

- 6:15 a.m.: Breakfast!

I have to tell you that my most common breakfast is not something I'd recommend for most people. It consists of peanut butter and all-fruit jelly on whole wheat toast. This is as much habit as anything, and maybe not a great habit.

Over the years I've found this humble breakfast to be a good balance of tastiness and nutrition to get me through the morning without hunger or fatigue. It digests easily and provides smooth and steady energy for many hours. It is minimally processed, easy to prepare, provides a pretty good range of nutrients, and just plain tastes good!

But peanut butter is also high in fat relative to the protein it provides, and if fat loss is your goal, you should opt for a leaner protein source. Remember that long-term success is all about finding out what works for **you**.

My own metabolism is pretty active because I have relatively little body fat. (I don't know my exact percentage of body fat, but I sink like a stone, even in salt water.) That's another reason to replace some fat with lean muscle, because having more muscle makes it easier to burn fat.

Sometimes I also take a multivitamin and glucosamine with chondroitin. But not always. In general, I avoid pills of any kind. I like my food natural, and I have yet to see a pill or tablet growing on a tree.

- 6:30 a.m. - Time to start working.

Time for a word about happiness and stress management. I work at home. The great beauty of working from home is the total absence of a traditional commute. I have what some people call a "carpet commute." Not only do I get to avoid all the traffic and hassles, but I save a huge

amount of time, not to mention a lot wear and tear on the car. This is another component of my low-stress lifestyle. I highly recommend it!

- **11:30 a.m / Noon** - Time for lunch and my daily strength training routine.

My routine takes about half an hour. I try to exercise different muscle groups on different days. This gives each muscle group time to recuperate between workouts, and provides me with better balanced development.

Remember I said that it's important to build your exercise routine into your daily life? Well I realized that the **only** way I was going to actually **do** my strength training exercise routine everyday was to make it **part** of everyday -- instead of making it something I had to take "time out" to do or had to "make time" for. Now it gets done, because it is woven into the fabric of my day.

My typical lunch is a salad with some lean protein. I've found that this doesn't weigh me down or make me sleepy in the afternoon. I start with some lettuce (anything but iceberg, which has essentially zero nutrients or taste), cut up a few stalks of celery, one or two carrots, and a vine-ripened tomato, and a some chicken or fish, typically "leftovers."

All the veggies are organic. The only dressing I use is anything olive-oil-based from the "Newman's Own" line, because they all taste great and are made from healthy ingredients.

As far as the protein component of lunch, you want to keep it lean. Since your "inner furnace" burns strongest during the middle of the day, keeping the fat to a minimum means you'll be losing fat overall rather than gaining it.

My exercise program is integrated into my life, because I'm actually assembling my salad in between the elements of my workout routine. This approach serves two purposes. It gives my muscles a chance to recuperate, and also makes the workout seem a lot less like work.

In a way, I guess I'm "earning" my lunch. Or maybe my lunch is my "reward" for doing my exercises. But it works, and on the rare days when I skip my midday work-out, I always seem to have less energy in the afternoon, not more. I should also mention that I spend a few minutes in warm-up mode before I start with the weights, and a few more minutes winding down after it's all over.

IMPORTANT SIDE NOTE - As I was editing this book (on Saturday, December 10), it came time for lunch. Because I was so "busy," I was going to skip my weight training workout today.

But the minute I starting to make my normal lunch salad, guess what happened. Since making my lunch is now so interwoven with my exercise routine, I actually did the exercises anyway! I am now literally programmed to do that. That is the kind of "automaticity" you can create when you design a diet / exercise plan that **works!**

- 2 p.m. - Short meditation or power nap, usually 10-15 minutes.

This is normally my most sluggish, least-productive time of day. I call it my "circadian slump." I've discovered that it's pretty much pointless to try to get any real thinking done in this time slot. My brain just won't cooperate.

So, in the spirit of doing what works best for me, I make it "down time." If I'm really dragging my butt, I'll take a power nap of 15-20 minutes. This does amazing things for my energy level. It's almost as effective as a whole night's sleep.

If I'm not so sluggish, I'll make it a time for spiritual connection, refocusing on goals and other positive things, sharpening my personal vision for the future, and again acknowledging -- again -- that I have it better than 99% of the world's population.

- 4 p.m. - Take a hike!

No, I'm not trying to insult you. It's me that takes the hike. My hike runs approximately 45 minutes if it's a week day. If it's Saturday or Sunday, I try to take a minimum of an hour and a half hike on one of our wonderful local mountain trails here in southwest Virginia.

Like I said, I don't like treadmills. In fact, I have only done maybe one or two work out routines in a health club in my entire life. I just don't like indoor exercise.

That's actually one of the reasons I live where I do -- because there are opportunities for outdoor exercise all around me, and yet another example of how well it works to custom-tailor your exercise program to your own personal lifestyle and preferences.

- 5 p.m. - Start thinking about dinner.

Usually not too much thinking involved. Unless I bought something fresh today, I'll have whatever I defrosted overnight. It will either be uncooked fish, steak, or pork, or chicken that I previously cooked.

- 5:15 p.m - My daily soak in a tub -- with the water as hot as I can handle it.

You want instant relaxation? You want instant stress relief? You want instant feel-good? In all my life, I have never discovered a quicker, cheaper, healthier, or more reliable cure for whatever is "wrong" that day than a nice, hot bath.

And if nothing is wrong with your day, it's an even more delicious experience. A little slice of heaven on earth. I give it an "A+." And as I noted in Chapter 6, this is when lots of my best ideas also come to me. It's just amazing what will come into your mind if you're willing to step of out it for a few minutes.

- 5:45 p.m. - Start making dinner.

NOTE: I am shifting away from having a dinner that's bigger than my lunch. I'm not there yet (old habits can die hard), but I'll get there. Since your metabolism is most active when the sun is highest, that's the time to be processing most of your daily food intake. When I do this, I find that weight management is much easier, and fat loss is much quicker.

As I said, my typical dinner consists of some meat-like substance (steak, pork, chicken, fish), and one vegetable. Sometimes I get a little more adventurous and make spaghetti or even a home-made stew.

But normally it's meat and one veggie. If it's steak, I go with a chuck-eye. It's cut from the same chunk of cow as the rib-eye, but it cost's 1/3 less, has at least as much flavor, is just as tender, and has noticeably less fat.

I always broil my steaks, and I also have gotten into the habit of, after I flip it to "side B," covering it with fresh chopped garlic for the last 2 minutes of broiling. This not only brings out the garlic's flavor, but also takes a bit of the "bite" out of it, and even makes it easier to digest.

I actually started doing this years ago because I heard that garlic was a strong antiviral. Is it really? I don't know. But I haven't had a cold, a flu, or any other viral infection since 1994 -- the same year I started with the garlic. Coincidence?

If I'm buying pork, I go with one of leaner cuts. Now, this is just me, but I find that my own digestive system processes steak a lot more quickly than pork or chicken. Eating the same quantity of pork or chicken leaves me feeling full a lot longer than steak does.

Any meat I eat is almost always broiled, except for the chicken, which is baked. The vegetable is almost always steamed, never boiled. I always eat fresh veggies, never anything from a can. I love fresh corn when it's in season.

I go pretty light on the seasonings and spices. Mostly black pepper and

sea salt. On fish I get a lot more adventurous with the spices and seasonings -- maybe because it seems necessary.

I never have leftovers, except that I make my chicken 10 or 12 pieces at a time and freeze them until needed. Personally, I much prefer dark meat chicken, which is all I ever buy. I find it moister and much more flavorful. Same with turkey.

Some years back, when I stopped doing outdoor work and started spending more time in front of the computer, I noticed I was gathering a few "unwanted pounds" at the old midsection. That wasn't okay with me then any more than it is now. So I decided to shake those pounds. In fact, I decided I was going to drop 15 pounds in 30 days, which I did.

(For full details, please see your bonus report, *How I Safely Lost 15 Pounds In 30 Days*, also in Appendix One.)

Not having any prior experience at dieting or trying to lose weight, I was looking for things I could delete from my diet. Like most middle-class Americans, I grew up having dinners that consisted of meat and two vegetables, and typically some kind of desert.

One of those vegetables was usually a high-starch item like potatoes. Just for the heck of it, I started cutting out the starchy vegetable at dinner and having just a green one -- normally broccoli, asparagus, or some leafy green. Just cutting out that one starchy veggie made an immediate difference. My weight went right back down to the "happy point" of 155.

I try not to eat any starchy or simple carbs in the p.m., and to only consume carbs in the form of veggies, which are lower in calories yet provide that feeling of "fullness" we're looking for. Veggies are also great sources of vitamins and minerals, and have virtually none of the starchy / simple carbs' negative effects on blood sugar.

- 6:00 p.m. - Dinnertime!

Again, many people might be bored with my "at home" diet. I definitely

get more adventurous when I go to a restaurant. But even then, I keep it pretty healthy. We have a great local Szechuan place here that does an awesome job on everything they make. The only downside is that their meals are a lot bigger than mine, so if I go there for lunch, I'm going to end up cutting down on dinner a little.

I will confess that I even have the occasional beer, especially with Oriental food. In fact, whenever I have a beer it will almost certainly be foreign-made or the product of a local micro-brewery. And that's not just about the taste. A lot of domestic beers are, unfortunately, loaded with chemicals. I just won't do that to myself.

That's also the reason I absolutely don't drink ANY soft drinks. All of them are loaded with crap of one kind or another. They rot your teeth, rot your innards, trash your blood sugar, wreck your diet, load you with toxins, can make you even hungrier, and probably even cause cancer. Any doubts about how I feel?

Other than the occasional beer, I really don't drink alcohol. I don't even have any in my house. I understand on a deep level that it's really not healthy. And since I plan to be around for a very long time, not doing things that are unhealthy has become pretty important to me.

7-8:00 p.m. - Snack? Only on rare occasions.

My work day is generally over by 7 p.m., so it's time to wind down. Sometime I also nibble a bit, most often I don't.

I try not to eat anything after 8 p.m. because (a) I hate going to bed with a full-feeling stomach, and (b) it promotes weight-gain. But what I eat -- and whether I eat -- anything after dinnertime really depends.

It depends on what this scale said this morning, it depends on what I have laying around, and it depends on how self-disciplined I'm feeling. Yes, there are times when my self-discipline is not quite as good as other times. And yes, there are times when I indulge in what people like to call "comfort" food. For me, it's ice cream.

OK, confession time. I'm not Mr. Perfect with the whole diet/fitness thing. Even though I'm not proud of it, I will still hit the ice cream from time to time. I know it's full of sugar, I know it's got a lot of unhealthy dairy stuff in it, and I know its fattening as heck.

But as long as my weight is where I want it to be, and as long as my health and fitness continue to be exemplary, I will probably continue to have an imperfect diet.

I have reached the conclusion that the real danger is not so much in **what** you eat, but **how much** you eat. I have carefully watched people over the years to see who gets sloppy and gains weight, and who stays pretty trim and healthy.

And in general it's more about **how much** you eat than **what** you eat. This is especially true with my own parents, whose diet I couldn't help but notice. I would say that neither of them is a particularly careful eater, but they both eat in small quantities, and have very little if anything to eat after dinner.

They also both have traditionally gotten quite a bit of exercise. My mother, to this day, still walks several miles every day. And she's in her early '90s! My father, who -- God willing -- becomes 100 years old in July, has always been physically active.

He has been an avid outdoorsman all his life, and when I was young, he usually took me with him on his outings. This is proof that not all childhood programming is detrimental. But since this, too, was beyond my control at the time, it only serves to confirm the basic theory that early programming has a major effect on what happens later in our lives, be that good or bad.

Just remember, if fitness and fat loss are your goals, you need to be very attentive to both what you eat and **how much** you eat.

Good Self-Discipline? Or Good Programming?

As you probably guessed, even though I am not a "fitness freak," I'm pretty disciplined with both my eating and my exercise. That's no accident. In the first place, as a professional fitness coach, I have to set a pretty good example -- even if my clients almost never meet me face to face. But the real reason I stay in shape is because of those four Success Factors we keep talking about.

I have no problem at all with Success Factor One -- the **belief** that I can and will succeed -- because I have consistently demonstrated to myself that I can lose weight whenever I decide to, and because those same beliefs guarantee that I'm going to eat right and get enough exercise.

That also relates to Success Factor Two. My "good behaviors" serve to reinforce my good **self-image** because they make sure that what I see in the mirror is consistent with what I see in my mind.

In fact, my image of myself is so firmly set that I would literally be disgusted if I let myself get **at all** out of shape. This is the power of a solid self-image that has been around long enough to become habitual. It causes me to **automatically** do the things that lead to a healthy life, which is what I hope you will want to make happen, too.

What about Success Factor Three -- self-esteem / **deservability**? Well, I would never be so naïve as to say that I have perfect self-esteem. But whatever issues I may have don't interfere with keeping myself in great shape.

I have no doubt that I **deserve** to be healthy, fit, and happy. And since I've spent half my lifetime educating myself and others about how to make those things happen, I have to say I've gotten pretty good at it.

Know Thy Weak Spots!

Finding -- and fixing -- your weak spots is what this book is really all about. And my big weak spot, for decades, was Success Factor Four,

self-responsibility. That was definitely the last one I got the hang of. Fortunately, the first three Success Factors were pretty solidly in place, and were "carrying the load" of keeping me in good shape.

But I had a real problem with Success Factor Four for a large chunk of my life. I spent a lot of years blaming other people and outside events for the problems in my life. It was just easier than taking responsibility.

Or so I thought at the time. Actually, life is much more difficult and painful when you **don't** take responsibility for your personal situation and experiences. It puts you in a condition of powerlessness and creates feelings of defensiveness. I know this to be true from **way** too much personal experience.

If there's a "silver lining," it's very obvious to me now when my clients are failing to take responsibility. But once they do, I see their lives turn around just as mine did once I started taking responsibility.

It seems clear that the real success stories happen in the lives of people who are willing to take a close look at their lives, to come out of denial, to make a commitment to take action, and to actually **take** that action.

But successful people also recognize that what works for others may not work for them. So they're willing to do enough experimenting to find out what leads to success in **their** unique, individual circumstances.

I strongly recommend you take the time to find out what forms or exercise are the best fit for you and your lifestyle.

Now let's explore one of the most aggravating, yet most fascinating, areas of all: roadblocks on the path to success. Anybody who thinks he or she is going to get to victory with zero obstacles is living in la-la land.

Obstacles are real, and you **will** encounter some. So you might as well know what to do when it happens.

- Chapter 10 -

The 20 Most Common Roadblocks On The Road To Success, And How To Blast Them Out Of Your Way!

Success Roadblock Number One:

Attacking Symptoms While Ignoring Root Causes

I have listed this as Roadblock Number One for a very good reason. Just as the American "health care" system has degenerated into having a near-total focus on eliminating symptoms without ever correcting -- or even acknowledging -- the real, root cause of the problem, so it is with most attempts to correct our problems in the areas of fitness, health, and happiness.

You want instant happiness? That's been the pharmaceutical companies' top money-maker for decades. To their way of thinking, getting you hooked on a chemical crutch is just a smart business decision. That way you'll become their bread and butter -- a "repeat buyer."

And just as there's a pill for every little problem with your health (courtesy of your friendly neighborhood pharmaceutical mega-corporation), you can also find a "quick-fix" remedy for your every fitness problems.

There's every imaginable kind of device that promises you the sun, moon, and stars. You want instant weight loss? Saturday morning TV will give you a ton of "solutions." Of course, none of them work. But that doesn't seem to slow down sales very much.

Am I overstating the case? Not really. You see, here in America we are absolutely obsessed with quick fixes and easy solutions. And we'll spend

every dime we have to get them.

The tragic irony is that doing what **actually works** is not only less expensive and much healthier, it's also quicker. Because when you make your changes where it counts -- in your own motivations -- then doing the healthy thing becomes automatic, and you're now set for a struggle-free **lifetime** of real fitness, great health, and the kind of happiness that no pill can provide.

That's why the major focus of this book is on making changes where it counts, by identifying your self-sabotaging beliefs and attitudes, and replacing them with self-supportive ones.

And if you will focus on doing that **first and foremost**, these other 19 roadblocks will become little more than speed bumps that you can step over easily whenever you come to one.

Success Roadblock Number Two:

Problems With Goals – (Unrealistic, Lame, Extreme, Vague)

Once again, if you don't know where you want to go, how do you expect to get there? It's also said that, if you don't know where you want to go, any road will get you there. These are certainly true statements. That's why a large part of success boils down to three basic things:

First you have to be clear about where you are. Second, you have to be clear about where you want to go. And third, you need some kind of a realistic plan for getting there. If you've been following the guidelines laid out for you in this book, you're off to a very good start.

Just keep in mind that setting goals is a process of continual refinement. You don't need to get it perfect from the start. You just need to have a reasonably good sense of where you want to go, and then be willing to continuously refine your goals as you go.

*Success Roadblock Number Three:***A Fuzzy/ Unfocused / Inconsistent Vision**

As I noted in Chapter 8, a goal is something you put in writing -- ideally with as much clarity and specificity as possible -- and a vision is something you see in your mind's eye. It is a picture, an image, of what your life will look and feel like when you **reach** your goals. Many experts believe that clear vision is the single most powerful factor in propelling you toward your goals.

This may be true, and if it is, it's because most people's brains relate more naturally to pictures than to words. Way back before people could communicate through the spoken or written word, they could almost certainly form images in their minds. And it's been demonstrated time and again that a clear mental image of what you want to experience is an extremely powerful tool for helping you get there.

The problem for most people is that they don't spend very much time focused on what they want, but instead dwell obsessively on what they **have** and **don't** want.

Creating a clear vision and keeping that vision in front of your mind's eye also gives your ego something to attach itself to, which helps transform it from being your worst enemy into being a powerful ally on the journey to success.

*Success Roadblock Number Four:***Inadequate Motivation – You Don't Have
Clear, Compelling Reasons**

As a success coach, I can tell you that very few people understand the necessity for having compelling motivations to power them toward their goals. If you don't have sufficiently strong motivations to overcome the inertia of the status quo, then you're either going to stay right where you are or end up right back where you are. It's really just that simple.

So what you need are the two kinds of motivations we talked about earlier. First, you need strong and compelling reasons why it's **critically important** for you to get where you want to go. You need to be clear about the "cost-benefit equation" How will you benefit from achieving your goals? How will your life improve?

Second, you need strong and compelling reasons why it is **utterly unacceptable** for you to stay where you are. Together, these opposing motivations will provide you with both the "push" and "pull" we talked about in Chapter 8 -- a truly powerful combination!

Success Roadblock Number Five:

Rationalizing Your Self-Defeating Behaviors

If there's one thing we're all really good at, it is rationalizing our own self-defeating behaviors. I think this is something we learn from birth, or perhaps even in the womb, since all of us seem to suffer from it one way or another.

You can call it denial or whatever else you want, but the fact is that we seem to like to plod along from one day to the next in a blissful state of ignorance about our problems, and particularly about our health problems.

Actually, considering the state of contemporary "health care," this is completely understandable. As I never tire of pointing out, our medical / pharmaceutical / food processing industry is much more focused on illness than on health. And we, the public, can't help but pick up the money "vibe" behind everything they do.

Not that there aren't thousands of sincerely dedicated health care providers out there, but any objective observer would have to say that contemporary medicine is all about getting rid of the symptom, because they simply don't have either the time, the will, or the skill to solve problems at its root.

That's why it becomes **our** job to "repossess" the responsibility for our own

health-care, to come out of denial, to be wide awake about the problem, and to actively pursue and find our own solutions. If we'll leave it up to the health-care industry, we'll have no one to blame but ourselves when we fail.

Success Roadblock Number Six:

Arguing For Your Limitations

If this is a concept you're not familiar with, I can tell you it's a mighty important one. In a way, it is closely aligned with Success Factor Number One -- the belief that you can and will succeed.

You can tell when you're arguing for your own limitations when you hear yourself starting sentences with, "I have never been able to..." or "This sort of thing just runs in my family," or "I don't see how I could ever..." or, the most popular one of all, "Yes, but..."

Arguing on behalf of your own limiting beliefs is the surest way to make sure they stay intact and in place, and continue to sabotage you forever.

It's safe to say that you have been arguing for a lot of your own limiting beliefs for as long as you have been able to argue. Can you think of any personal beliefs that fall into that category?

Several places in this book I have suggested that you start a Success Journal. Keeping this journal is a mandatory part of the success process. I've also talked about the importance of recognizing the negativity in your own internal dialogue.

That's why I suggest keeping a Negativity Journal, where you will start to zero in on the **specific wording** that your negative, self-sabotaging beliefs and attitudes feed into your mind.

Being able to actually see your negative inner dialogue in print will make a huge difference in your consciousness awareness, and that is the **first** step toward eliminating any self-sabotaging behavior.

Success Roadblock Number Seven:

Some Severely Limiting (But Unconscious) Self-Sabotaging Beliefs And Attitudes Are Still In The Way

In Chapter 8 we laid out a step-by-step plan for creating your own personal health and fitness Recipe For Success. As you got into steps six through nine of that program, your primary job was to evaluate whether your current plan was working. If it's not, it's a safe bet that you still have some "search and replace" work to do with your beliefs and attitudes.

The bad news about beliefs and attitudes is that they are very often hiding out in your subconscious, where you can't really detect them. It's hard to conquer an enemy you can't see.

The good news is, you don't have to identify and replace **all** of your problem beliefs and behaviors. All you really need to do is correct enough of them to tip the balance scale in your favor.

You only need to achieve what I call a "critical mass" of self-supportive beliefs and attitudes. Once you have that, it's a simple matter of statistics. In any given circumstance, you will now be more likely to make a healthy decision and a healthy choice than an unhealthy one. Does that make sense?

Success Roadblock Number Eight:

An Inadequate Sense Of Self-Worth

As you may have guessed, the previous roadblock related to Success Factor One, and this one relates to another Success Factor. Based on my own experience, I have never met a coaching client who didn't have **some** self-worth / self-esteem / deservability issues.

As resilient as we human beings are, most of us have still been beaten up

enough in childhood -- either physically, psychologically, or perhaps both -- that our sense of value as a person is nowhere near what it could or should be. And that's truly tragic, because low self-esteem most often keeps us from claiming or even acknowledging the good things that are rightfully ours.

One reason I prefer to the term "deservability" over "self-esteem" is because the psychological community has tended to look upon the latter as a single, measurable factor. Then they have traditionally tended to label people as either having high self-esteem, low self-esteem, or something in between.

The truth, however, is that we all have areas of good self-esteem and not so good self-esteem. We all have what I call "cavities" in our self-esteem.

It is the presence or absence of these cavities that ultimately determines what we do and do not believe we deserve in life -- even including good health, fitness, and happiness. Until we fully understand the consequences of having low deservability, we probably won't take any serious steps to fix it, which means we probably won't end up getting the good things that we should be getting and enjoying in life.

Success Roadblock Number Nine:

A Habitually Poor Self-Image

As with a low sense of deservability, a poor self-image is almost invariably the product of our early childhood experiences. What sets our self-image apart from our self-esteem is that it is primarily a visual thing as opposed to a psychological thing.

If you close your eyes and visualize yourself in the buff, it's pretty hard to avoid discovering what your true self-image is. And if visualizing yourself naked causes negative feelings in you, then you can be sure you have some work to do in this area.

This brings us to another pitfall to be especially careful of. Almost without exception, people believe that they will **feel** better about themselves when

they **look** better. But this is **exactly backwards**. The truth is, you will begin to **look** better only when you **feel** better about yourself.

Now, obviously, if you woke up tomorrow morning perfectly fit and trim and at your ideal weight, you'd feel pretty good about that. But if you didn't also learn to feel good about **you**, then you would almost certainly gain back your weight and get sloppy again pretty soon.

On the other hand, once you develop a true, deep-down affection and appreciation for who you are, then you will naturally and **automatically** move in the direction of healthier behaviors, with the inevitable result being a healthier body and a happier life.

Success Roadblock Number Ten:

Never Learned To Take Responsibility / Still Equating It With Blame

Success Factor Four, personal responsibility, maybe the most misunderstood factor of all. From early in life we are taught to equate responsibility with either blame or credit. If we do something other people approve of, we expect to get credit. And if we do something that other people don't approve of, we expect to get blamed.

But to really understand personal responsibility, we need to step outside of the narrow blame/credit concept and see responsibility for what it truly is: the simple reality that nothing that happens in our own experience can happen without us. And, as such, we are ultimately responsible for all of it.

Does this mean we are responsible for what happens in the world around us? Sometimes we are. Sometimes we're not. But what we are always responsible for is our own **personal experience** of what happens, both in the world around us, and in the inner world within us.

The reason that the concept of personal responsibility is so crucial is that as long as we believe or pretend that someone or something outside us is

responsible for our problem, we have given away the very power we need to have in order to solve our problem.

So, taking responsibility for our current situation -- even though we may not have created the situation per se -- gives us the power we need to make it different, to change it into what we want it to be.

Success Roadblock Number Eleven:

Poor Understanding Of Healthy Eating – What It Is, And Why To Even Bother

Another major roadblock for overweight Americans is a poor knowledge of food and nutrition. And yet again, this is understandable. It's not acceptable, but it sure is understandable.

If the only source of information we've been exposed to is the same bunch of people who stand to profit most from what we do, then we shouldn't be the least bit surprised if the buying "choices" we end up with have a lot more to do with their profits than our health.

This is yet another reason why you **must** get educated, why you **must** be very suspicious of everything you hear from the medical / pharmaceutical / health-care industry, and why you **must** ultimately take total responsibility for your health. Few things you can do will make a greater daily difference in your health and energy than the food you put into your body every day.

You may have heard about the experience of one person who decided to eat nothing but fast food for a month just to see what happened. He focused on the "super-size" meals so commonly available at every fast food restaurant. It didn't take long before his weight started to increase dramatically, and his health started to decrease precipitously.

Yet as powerful a statement as that makes, the fast food industry is doing more business than ever. I never, ever eat fast food. Not any more, at least. The combination of knowing what that stuff actually is, and having too much

respect for my own body, has pretty much made it impossible for me to eat anything fast food restaurants offer.

May I invite you to do the same?

Success Roadblock Number Twelve:

**Poor Food Combining / Poor Digestion /
Eating The Wrong Foods At The Wrong Times**

Back in Chapter 5 we spent some time talking about this idea of what to eat, when to eat it, and what to eat it with. But I know from decades of experience -- not only with clients, but also with myself -- that changing your eating habits is easier said than done.

That's why it's so important to understand what happens when we eat unhealthy food or combine our food in unhealthy ways. I invite you to review carefully the section on food combining, especially if you find yourself suffering from indigestion/heartburn, low energy, constipation, or allergies.

And by all means, think seriously about the colon cleanse. I should make it clear that I'm not talking about getting a "colonic irrigation," though there is a time and place for those as well. I'm talking about a "from-the-top-down" internal cleansing.

I won't scare you with horror stories about the things people have discovered "hiding" in their own bodies as a result of doing a colon cleanse, because it might gross you out. But then again, maybe I should try to scare you, because getting your colon clean might just be the most important thing you do this decade.

Success Roadblock Number Thirteen:

Not Knowing What A Healthy Portion Actually Is

I have to admit, I never gave this matter much thought until year or so ago. I pretty much automatically ate a reasonable portion of whatever I was having.

Now, in my case, that was mostly because I don't like feeling uncomfortably full. It also didn't take me too many years to figure out that the less I load up my stomach, the more quickly things will digest, and the less I'll feel weighed down from excess eating -- Thanksgiving being the classic example of that.

As a general guideline, a healthy serving of meat is something you can cover with the palm of your hand, minus the fingers. I have to confess, I have violated that guideline more than a few times, especially in the presence of a nice prime rib.

But restaurant meals in general -- and especially fast food restaurant meals -- can give you an entire day's worth of calories in one meal. Is it any wonder we struggle with our weight the way we do? All you'll find in most restaurants are perfect examples of what **not** to eat.

Success Roadblock Number Fourteen:

Impractical Or Unenjoyable Exercise Program

Who among us wouldn't be **much** more likely to get exercise if we actually enjoyed the process? For me, mountain hiking is about 500 times more enjoyable than a treadmill. In fact, if a treadmill was the only option available for cardio exercise, I would probably go without.

I also enjoy my weight training, especially now that I've built it into the routine of my daily activities. And even when I'm not near any mountains, and don't have my weights with me, I still manage to find some way to get exercise because the value of it is so clear to me.

If you are seriously considering making exercise a regular part of your life -- which, I have to say, you'd have to be foolish not to do -- then you need to find some activities that are at least tolerable, if not downright enjoyable.

Because the simple bottom line is that exercise is smart and healthy. So by all means, figure out what works for you and do it!

Success Roadblock Number Fifteen:

Failure To Integrate Your Exercise Program Into Your Life

Again, the best way to make sure that you actually **do** your exercise is to build it into the routine of your life. Before I made exercise part of my daily routine, it was very much a hit-and-miss proposition -- with more missing than hitting.

So do yourself a tremendous favor and find a way to incorporate some exercise into your daily life. And please notice, I did not say find a way to "set aside" time to do your exercise.

Why? Because I know it's just not going to happen. Something "more important" will always "come up" -- especially if you're a little bit exercise-resistant in the first place. Know what I mean?

Success Roadblock Number Sixteen:

Inadequate (Or Nonexistent) "Plan A"

I certainly hope that creating a Plan A, as described in Chapter 8, is going to be part of your success process. If it's not, I will give you very low odds of success. You need to have a specific plan, and you need to stick to it.

You really do need to keep track of your food intake and your exercise activities, especially you have a history of being out of shape or overweight. This means you **must** have a plan and you **must** improve it as you go. And in order to do that, you have to be able to compare and contrast what you used to do with what you would rather do.

And you start by establishing your "baseline" diet and exercise behaviors,

which then become the reference point around which to plan your changes.

If your Plan A is inadequate (or nonexistent), you are a walking example of an old cliché: "If you fail to plan, then plan to fail."

Success Roadblock Number Seventeen:

Inadequate (Or Nonexistent) "Plan B"

Just as you need a good Plan A, you also need a workable Plan B. Like I said earlier, it's a given that you will "fall off the wagon" from time to time. You should expect it, and you should be ready for it when it happens. Otherwise you're just setting yourself up for failure.

It takes very little work to create a good Plan B. And just as with Plan A, it must also be subject to change as needed. If you're like most people, you will have plenty of opportunity to test how effective your Plan B actually is.

That's because nobody ever sticks perfectly to their Plan A. My coaching clients don't, and they have ready access to me -- to keep them "on the straight and narrow."

So don't expect that you'll do much better, especially if you're entirely on your own. Instead, be realistic. Just keep in mind that the whole purpose of Plan B is to get you back to Plan A as quickly and painlessly as possible.

Success Roadblock Number Eighteen

Excessive Ego Resistance

This is the most subtle and elusive barrier you will have to deal with, and you may have to deal with it at any or every stage of the success process. That's because your ego is the single most resistant part of you to the "getting healthy" process.

But that doesn't make sense, you say. Why would my own ego want to sabotage my progress toward health, fitness, and happiness?

What you need to understand is that your ego couldn't care less about what's healthy for you, because it has a very different agenda. The job of your ego is to maintain the status quo -- however healthy or unhealthy that may be.

As such, your ego may try to trip you up at every turn. It is at its stealthiest when you are nearest your goals. It is the little voice that says, "Hey, you have come such long way. You have worked hard. Don't you deserve a break? You look fine. I really don't think we need to lose those last 10 pounds, do you?"

It says, "And what's the point of exercising any way? Everybody else is overweight. Everybody else has a spare tire around their waist or saddlebags on their hips. Give it a rest. Boy, doesn't that pizza smell good? And look, right next door is that ice cream parlor. Mmmm....."

You can be 100 percent certain that you will hear your ego telling you things like that. That's when you need to be crystal clear about steps one and two in the success process -- clear goals and compelling motivations -- because if you give in to the voice of your ego, you are sure to lose.

Success Roadblock Number Nineteen:

Negative Self-Talk

Again, just as I strongly recommend that you keep a daily Success Journal, I also recommend that you keep a "Negativity Log" -- a daily record of all the negative, self sabotaging things you say to yourself. I cannot overstate the power of tracking your own negativity.

To expand a bit, this Negativity Log serves the very powerful function of bringing your negativity fully to the attention of your conscious mind, and making it very hard to ignore or deny the connection between what you think, how you feel, and what you do.

My clients often tell me what a tremendous difference it makes in their lives when they finally come face-to-face with their own negativity. At first it's kind of scary. But eventually, you become so aware of it as it happens that you catch it quickly enough to stop it. Really, you just won't believe what a difference it makes when you get the negativity out of your thinking.

Success Roadblock Number Twenty:

Not Getting Outside Help As Needed

This is what I refer to as the "Maypo Syndrome." Do you remember that commercial on TV? It was popular for decades, and featured a child whose only line was, "Mother, please! I'd rather do it myself!"

In the case of the child, it was (I think) about preparing oatmeal. It made a certain amount of sense. The child was attempting to do an adult task, and wanted to take responsibility for getting that task done.

But as adults, we have almost the opposite challenge. We need to know when it's time to **stop** trying to do it all by ourselves, and take advantage of the tremendous amount of outside help that really is available.

To help you do that, Chapters 11 and 12 are devoted to identifying the many resources available for you. There is a **reason** why success tools exist, why counselors exist, why coaches exist, and why any kind of resource exist -- to help you reach your goals.

Of course, you are free to use them or not. But if you find that you're not reaching your goals quickly enough on your own steam, wouldn't it make sense to expand your team so that it consists of more than one member?

And bear in mind that working with a coach or counselor is not a "forever" proposition. You just use their help to get solidly headed in the right direction until you can take it yourself.

* * *

There's a pretty good chance that you will bump into many of these obstacles and roadblocks as you move through the success process. In fact, you might even bump into all of them. Some people do. But as they say, forewarned is forearmed. Simply knowing what to expect puts you a much better position to deal with and conquer these roadblocks if and when they show up.

Also, it helps to remember that it's always darkest before the dawn, and it's always toughest just before reaching success. The longer you can go without backsliding, the sooner you will reach your dreams and goals and be able to live in the total confidence that you can **stay** there.

And even if you screw up at some point, it makes no real difference. You know that you already have "N" days of success under your belt (so to speak), and now you just need to add one more day to that, then one more day to that. And so on. If you will just use that simple approach your ultimate victory is assured.

So move forward with your plan, expect a few bumps, and even some major setbacks. But understand that it's just part of the deal, and it will only stop your forward motion if you give up.

Don't do that!

- Chapter 11 -

Your Fast Track To Success!

The simple but powerful truths you have been exposed to here may seem strange, even alien at first. But the degree to which you can **understand** and **apply** them is what will determine the level of success you enjoy. That's why I offer personal weight loss coaching and other powerful success resources, to put you on the fast track to success.

"Dr. Frank has helped me put all the pieces together. Before this I thought of my issues as separate but he has made me see that they are all interconnected and not at all overwhelming to overcome.

"I have been able to recognize my toxic thoughts for what they are and they no longer rule my life. I am forever grateful for Dr. Frank's dedication, insights, and skills.

"He is what he says he is and much, much more. Thank you Dr. Frank."
Joan in MA

The fastest way to put yourself on the road to weight loss success is to work with someone who can help you apply these powerful principles and techniques in your own life.

A *Consumer Reports Magazine* article titled "The Truth About Dieting" (June 2002) reported that people who were most successful at weight loss "did not involve themselves with Jenny Craig, Weight Watchers, or any other organization." Instead, the researchers found that...

"If any one thing made a difference for them, it was one-on-one counseling from a professional such as a psychologist or nutritionist..." (p. 27)

This unbiased article reflects the experience of more than 8000 successful weight "losers"—real people living in the real world. Having a personal coach will dramatically increase *your* chances for success, too, because many people find that they can do with a coach what they just couldn't do on their own.

That's why...

- Virtually all major sports figures and Olympic athletes use personal coaches to get and keep their "winning edge."
- Tens of thousands of corporate executives at all levels of management rely on personal coaches to insure their success.
- Countless entrepreneurs and small business owners use personal coaches to help them succeed where most people fail.
- And thousands of "just plain folks" are using success coaches right now to find a better career, make wiser choices in life, have more satisfying relationships—and lose weight!

Simply put, the surest way to get results is with professional help. A few months of coaching will propel you toward your goals like rocket blast, and can save you years of time on your path to victory. If your health and fitness goals are really important to you, why go it alone if you don't have to?

Hi Dr Frank - I can't tell you how grateful I am for the guidance to help me start making the changes to improve my life and lose weight! THANK YOU!!!...

"I am now a whole lot happier and the weight loss is 9 kilograms [approx. 20 lbs) lost since starting your program, and my clothes are becoming a lot looser. I now also love receiving compliments from others and accept them with the thanks they deserve."

Tanya Lazarevich, Australia

The Top 5 Benefits Of Working With A Success Coach

1. You Get Much Quicker Results - Working with a coach is your *fast track* to success. Your coach's expertise, clear focus, unwavering support, and proven resources will get you where you want to go at maximum speed, without detours, wheel-spinning, or backsliding.

2. Your Time Is Used Much More Efficiently - You don't waste your precious time, energy, and other resources doing what doesn't work. You learn to do what works for YOU, you do that consistently, and you get to your rewards much more quickly.

3. You Get Solid, Consistent, Unwavering Support - As you may already have discovered, not everyone in life always has your best interest at heart. Your coach's only goal is *your total success*, and they have the tools, skills, and experience to get you there.

4. You Get Dramatically Better Results - The very widespread use of coaches by successful people in all walks of life is the strongest testament to the difference they can make in *your* life.

5. You'll Be Way Ahead Of People Who Go It Alone - Many people will be "penny wise and pound foolish" by trying to do it all by themselves. As a result, the success that could quickly have been theirs may come slowly—or not at all. You *deserve* to succeed! Why put it off?

Many people are now using personal coaches to get to their healthiest weight and *stay there*. Why? Because they understand that a personal coach is the best way to get the results they want.

*"Today was the day that I woke up and realized that the power is **within me**, and that I've been hiding in this shell of mistruths about myself..."*

"Dr. Frank helped me get there by not allowing me to give up on

myself, and kept me working through all those "I wanna bolt" times. His gentle and yet firm hand at my back kept me from falling and also from standing still.

"He has just the right "push/pull" to have kept this gal committed to herself, even when my immediate gratification brain was screaming "run for the hills". A new thing for me at almost 50 years of age.

"Thanks Frank, you da bomb!!!"

Deb Magit - LA, CA

Here Are Some Of The Major Reasons Why Personal Coaching Is So Much More Effective Than "DIY."

- 1. You Take More, Better, Smarter Actions** - Working with a coach helps you get very clear about what you really want, as opposed to what you (or others) may *think* you should do—or be—or have. You will find out what works best for YOU, and you will learn how to consistently do it, and get results.
- 2. You Develop A Balanced Life That Serves You** - Balance is a major key to success in life, and is especially important for weight loss. Living in imbalance creates problems in every area of your life because *every* problem that exists in your mind and spirit level shows up—one way or another—in your body.
- 3. You Get More Of What *You* Want In Life** - Working with a coach, you will learn how to take the actions that get your wants and needs met, while not turning others off and still being totally true to yourself.
- 4. You Have More Sustainable Energy** - Working with a coach can help clear up a lot more than just weight loss issues. Getting rid of blockages in body, mind, and spirit frees up a great deal of energy you can then use to enjoy **every** part of your life!
- 5. You Can Work Directly With The Creator Of This eBook!** - And

because I am an experienced coach and counselor for your body, mind, and spirit, you will be able to bring **all of you** to the table -- so you can stop having your life run by what's **on** the table!

In short, personal coaching works because your coach helps you get clear about out what you **really** want, and then **get** it. Your coach is objective, impartial, and always your biggest supporter -- in a world where not everyone else is. Your coach has but one goal -- your success -- and has the expertise and resources to help you make it happen.

Dear Dr. Frank: I can't tell you how much our session last night spoke to me. Oh, I am so grateful for any time you spend helping me uncover beliefs/habits that are not serving me positively.

You are helping me to move mountains here and they are heavy but I am bearing up under the weight. I am so excited to make a climb up...knowing that I will get to the top. Each step takes me a little higher and I am anticipating reaching the top.

As always, thanks for your passion in helping others like me see that there is something better. God Bless. And, thanks for sharing [your writings] with me. (Total weight loss, approx. 18 lbs)

Judith White - Atlanta, GA

Isn't It Time To Stop Struggling And Start Succeeding?

The secret of getting maximum results in minimum time—of succeeding while others fail all around you—lies in using the powerful combination of (a) coaching and (b) working with root causes instead of endlessly attacking symptoms

As an owner of this ebook, you are now entitled to a free 30-minute introductory coaching session.

That way you can learn more about coaching, about me, and how -- together -

- we can change *your* life. To arrange for your free "sample" session, simply send me an email at DrFrank@CoachFrankSmoot.com and let me know you'd like more information about it.

Are You Ready To Become A Success Story?

It all boils down to this: You can do what most people do. You can continue to struggle with weight loss the world's way, and end up among the ninety-six percent who fail. Or you can tap into God's timeless wisdom, as confirmed by science, and lose your unwanted pounds safely, permanently, and with virtually no effort or struggle.

Why not just do what so many others do who are serious about success? Do you fix your own car? Re-roof your house? Represent yourself in court? Then why try to "do it yourself" with something that's so much more important?

Haven't you suffered long enough? Don't you deserve success? Is it "your time" yet? Are you ready for "once and for all" weight loss success" How much longer will you wait?

Call me today and claim your free 30-minute weight loss success consultation. Get the details about coaching, and find out why so many other people use coaches to accomplish what they can't do on their own. And I **guarantee** it's a lot less expensive than you think.

Call today and get the facts. If you're serious about success, having your own, personal coach is the best way to get it. And if you are ready for results, I'm 100% ready to help you get them.

Best of all, you can find out anything else you want to know for FREE, because your initial coaching session is "on the house." To reserve your free introductory coaching session, simply...

1. E mail me at DrFrank@CoachFrankSmoot.com

- or -

2. Call me personally at **(540) 567-2050**

But no matter what you do, *please* don't let yourself get sucked into wasting your precious time, your hard-earned money, and your emotional energy on weight loss methods that have been proven to fail. Life is simply too short to be squandered on dead-end methods.

You deserve better.

Much better. Are you ready to receive it?

Yours in total health,

"Dr. Frank"

Frank B. Smoot, MA, DD

- Chapter 12 -

"Ready For Rocket Launch"

10 Things You Can Do Right Now That Will Bring You Health & Fitness Benefits From Now On!

In this final chapter we're going to focus on three things:

1. A summary of the most important concept in the book and how to put it to work in **your** life.
2. What you can do **right now** to get started down the road to lifelong success.
3. The many resources available to help you get to your destination.

The Most Important Concept In The Book

The Blunt Truth About Making The Changes That Matter - Since I already know that this business of starting with mental changes is an "alien" concept to so many people, it's worth summarizing. In fact, if you were to remove everything we've covered here about the importance of having a good diet and exercise program (please don't), the rest could be distilled into one super-powerful point:

If your mind contains more beliefs and reasons why you can't succeed than why you can, then you won't succeed.

It's really just that simple. The single most important factor that determines what happens to your health and in your life is **your own belief system**. That's why what happens in **your** life is not the same

thing that happens in somebody else's life. They don't have your beliefs, they have different ones. So even in the same situation, the two of you will have **different experiences** because you have **different beliefs**.

On the other hand, if you had beliefs like they have, you'd have experiences like they have – be they better or worse than your own. Which means that, if you'd like to be fit, health, and happy, you'll have to have beliefs that are a lot like those that fit, healthy, happy people have.

So with that in mind, we can see that the **only** reliable path to success is to:

- 1 - Understand that **your own beliefs** however unconscious they may be, are the real reason you haven't succeeded up to now.
- 2 - Start the process on a **conscious** level of creating beliefs that support your goals instead of undermining them.
- 3 - Make sure you can **implement** and **sustain** your healthy new beliefs until they become just as unconscious and automatic as your old, unhealthy ones have been.

The very **minute** you change your belief, your experience begins to change accordingly. And if you will simply nurture and reinforce you new belief long enough, the process of **doing what's healthy** eventually becomes just as automatic as whatever you're doing now.

On the other hand, if you don't change the belief system, nothing else changes, no matter how hard you try to get it to change.

Is it worth a little effort? Just imagine how your life would be if:

- You truly believed that you **could** reach your fitness, health, and happiness goals, and lived in the full confidence that you **would**.
- You could see yourself in your mind's eye as already being in great shape, at your healthiest weight, free from stress and anxiety, and just plain happy about life.

- You truly believed that you **deserve every good thing** life has to offer, and you were fully open to receiving it. You understood that your body, mind, and spirit are the three great gifts, and you treated them accordingly.
- You took full responsibility for whatever has happened, is happening, and will happen in your life. Not credit or blame, but simply responsibility -- which gives you all the **power** to steer the future course of your life.

Do you think most people live that way? No, tragically, they don't -- and probably never will. That's why so many people struggle and fail at fitness, fat loss, happiness, and life in general.

They spend all their time and energy battling the symptoms of their problem – their saggy bodies, low energy levels, unwanted pounds, and unhappy moods – but never doing a thing to alter the root cause of their problem.

So the most important question to ask now is:

Where Is Your Focus?

The link between health, fitness, and happiness is well established. Do you know any people who are really, vibrantly alive? People who radiate health, fitness, and happiness? Can you imagine them having a head full of doubt, fear, anxiety, self-loathing, or negativity?

Of course not. It's obvious to anyone that they are focused on what's right, not what's wrong.

On the other hand, have you ever met people who were always depressed, unhappy, unhealthy, and full of negativity and complaining? I've met lots of people like that. The condition of their life is a perfect reflection of their persistent, habitual negative focus.

In any moment of your life, you're going to either be focusing on what's "wrong" or what's "right." And it is always your own focus – and yours alone – that determines whether you feel great, lousy, or anywhere in between.

Why do I put the words "right" and "wrong" in quotes? Because, as Shakespeare said so long ago, "*Nothing's right or wrong but thinking makes it so.*"

If you're going to have an enjoyable life, you obviously can't afford to spend much time focusing on what's "wrong." There's no point in that anyway. It just keeps you stuck where you don't want to be.

Either do something about it, or let it go. But don't focus on it. And certainly don't dwell on it. And **certainly** don't get caught up in it. And **CERTAINLY** don't make it a lifestyle!

There is all the difference in the world between being worried, stressed, and anxious about reaching your goal vs. being happy, relaxed, and excited about having your dreams come true. So keep it positive – in words, thoughts, deeds, attitude, and imagery. Remember: to THINK is to CREATE!

With that in mind, here are...

The 10 Most Important Things You Can Do, Starting Right Now, To Create Immediate And Long-Term Fitness, Health, And Happiness

1. Get Serious About Success!

How much longer can you really afford to put this off? If you did the exercises in Chapter 8, which I really hope you did (or will soon do), you should be very much aware if there's a big gap between where you are and where you'd like to be. You should also be very much aware of what that gap

is **costing you** in your life.

And while I emphasize that making positive changes in your life really should be "all about you," there are obviously other people in your life who will be affected by your own levels of health, fitness, and happiness.

I hope you will be willing to make positive changes in your life for the simple reason that **you deserve it**. But if you're not willing to do it for yourself, then be willing to do it for the other people in your life.

We all serve as examples to other people, either good, bad, or somewhere in between. It doesn't take so much extra effort to be a good example. It also makes your life a lot more enjoyable, and the person who benefits most will always be you!

2. Do A Really Honest Cost-Benefit Analysis.

And no "sugar" coating allowed!

The gap between where you are and where you want to be **should** be a source of great pain for you. You should be **painfully** aware that you deserve so much better than what you've had. Otherwise you'll never muster enough motivation to take effective action.

What has your lack of fitness, health, and happiness **already** cost you in your life? Yes, make a list. Write it down where you have to face it. And keep it in front of your face until it makes the kind of impact that will propel you to **action**.

What is your lack of fitness, health, and happiness costing you right now? Is the "status quo" really acceptable to you? And what will your lack of fitness, health, and happiness cost you in the future if nothing changes? Can you really accept the notion of a future no better than the past?

3. Read This Entire Book Again, Carefully, From Start To Finish

I guarantee you didn't get it all the first time around. What you've been reading here is the product of nearly three decades of intense study, vast personal experience, and the time-tested techniques proven by working with real-world clients every day.

That means you have the opportunity to benefit -- for pennies -- from countless thousands of hours of study and effort, both mine and other people's, and many millions of dollars worth of research expenditures.

Why would you **not** take advantage of it all?

I understand that there may be some concepts here that are new to you. Or if they're not new, you may not have applied them yet in your own life. So look at this as an opportunity to grab the steering wheel of your life and point your destiny down a different and better road.

4. Get Very, Very Clear About What You Want -- And Do Not Want -- In Your Life

But be forewarned: Doing this is going to put you smack up against your own belief system. You will have to confront the very real possibility that you are not now **receiving** or **enjoying** everything that life has waiting for you -- and that the reason for it may be **within** you rather than outside of you. It may not be your "fault," but it is surely your "doing" because it couldn't have happened without you.

Second, you'll need to be willing to come out of denial about the current circumstances of your life. How is it -- really -- and how much better could it be? How much better would you **like** it to be? How much better would those around you like it to be?

Third, you'll have to come face to face with your own sense of **deservability**

-- or lack of it -- and admit that you may not **believe** you really deserve the best. But keep in mind that this could actually be **good** news, because it may mean that the only thing standing between you and a dramatically improved experience of life is **your** willingness to receive it!

5. Start And Keep A Success Journal

There's absolutely no substitute for keeping a Success Journal. It is such a crucial part of the life-improvement process that I make it mandatory for my coaching clients. I tell them if they're not going to keep a Success Journal, then don't even bother with coaching.

Yes, it's that important.

Again, you should also start and keep a Negativity Log. It doesn't need to be an actual journal, just a daily record -- for at least one week -- of whatever negative things you're saying to yourself every day.

You might be astonished to discover how negative and self-defeating your inner dialogue really is. But you'd be a whole lot more amazed if you knew what all that negativity was doing to the **quality** of your experience of life!

And finally, start a Gratitude Journal. I know people who do this, and they tell me it literally changes their lives. I have to confess that I do not personally keep a gratitude journal. But I do make a point to **think about** and **express** my gratitude everyday.

Gratitude is probably the world's best antidote for depression, negativity, and self-pity. It only takes a few minutes to discover that what's right in your life **so** outweighs what's wrong, and that you have **so** much more to be thankful for than to complain about. So don't make Thanksgiving a once-a-year event. Make it part of your daily life!

6. Do All Of The Exercises In Chapter 8

Please take those exercises seriously. Please take this whole book seriously. You see, I already **know** how life-changing these concepts are. Both my own life and the lives of so many clients have been improved to an incredible degree by simply putting these concepts to work.

The exercises in Chapter 8 exactly parallel the work I do with my coaching clients. While there obviously is a difference between working with a book and working with a coach, the principles of success are the same. And if it turns out that you'd like some help blasting those roadblocks out of the way, you know where to find me.

Ultimately, it's all about self-discovery. Specifically, the discovery of what's going on in your own thinking processes. I sincerely believe that there is no better use of your time and energy than getting rid of your own self-destructive thinking. And remember, every improvement you make brings you benefits you take with you everywhere you go for the rest of your life!

7. Focus First On Identifying Your Own Self-Sabotaging Beliefs And Attitudes

Let me be blunt here. If I have not yet run this point totally into the ground, then I haven't done what I came here to do. I hope you're so sick of hearing it that you can't help but remember it.

There is absolutely **nothing** as important as getting the junk out from between your ears. If you won't do that, then none of your other efforts will make much difference.

Everybody in America probably has some of those nifty little cotton swab things we use for cleaning the junk out of our ears (even though the container tells us not to use them for that purpose). And most of us probably use them every day.

But just imagine what the rewards could be if you cleaned out the junk

between your ears on a daily basis. The changes would be mind-boggling. Literally. It would amount to brain washing -- something I'm sad to say that most brains are in serious need of.

8. Create Your "Plan A" And "Plan B"

As we saw back in Chapter 8, the combination of Plan A and Plan B is very powerful **if** you actually use it. It's not at all difficult to document three days of your own behavior, which is all you really doing in the first phase of Plan A. It just requires a little objectivity and honesty. It might even help yank you out of denial if you have to **write down** what you're doing.

Then you only need to engage your brain enough to come up with diet and exercise plan consisting of what you **already know** would be much healthier than whatever you're doing now.

Finally, you begin the gradual shift from the former to the latter, while staying alert for barriers and roadblocks. And of course, your Plan B will serve to get you back on track whenever you fail to follow your Plan A.

Yes, you **will** fall off the wagon. That's a given. So what matters is how quickly you get back **on** the wagon. The most important factor in success is that the number of times you get back up equals the number of times you fall down.

9. Create Some "Benchmarks And Rewards"

Make your progress measurable, and make yourself accountable (Success Factor 4.) It is very helpful to do two things that are not a part of many fitness or weight loss programs.

First, you need to set a **clear timetable** that will tell you how you're doing on the way to reaching your goals. There must be specific and clear benchmarks, such as "By such and such date I will weigh ____ pounds." Just like your

goals, your benchmarks need to be specific and measurable. Otherwise you will have no way of knowing if you've reached them, or how you're progressing along the way.

You must also create some incremental **rewards** for each benchmark you reach. The only thing I can tell you about what kind of rewards to create is that they must not interfere with reaching your goals. For example, if weight loss is your goal, then a hot fudge sundae is a very counterproductive reward.

Most of my female clients like to (surprise) buy themselves clothes as a reward. If you buy clothes that are a bit smaller, this reward also serves the purpose of reinforcing whatever weight losses are part of your plan.

But by all means, reward your own good behavior. It's a psychological fact that any behavior that is not rewarded will not last. Even if it is inconsistently rewarded, it will still stick around. In fact, a lot of research suggests that inconsistent rewards actually reinforce behavior more than highly predictable rewards. (That's why slot machines can be so addictive.)

10. Get The Help You Need, When You Need It!

I can't over-emphasize the importance of this final step. I'm willing to bet that you already have a pretty good idea what you will and will not do if left entirely to your own devices. So if you're serious about success, and you know that you could benefit from having somebody else on your team, then you really would be foolish not to make that happen.

Yes, I know professional help costs money. Nobody knows it better than me, as I've already made use of more coaches and counselors in my life than most people ever will. But the question is not what it will cost you to get help. The question is what it will cost to if you **don't** get help.

And that brings us right back to the cost-benefit analysis that is at the core of your success program. Ask yourself again the first question under Step #1 above: *How much longer can you really afford to put this off?* If the quality of your life is anywhere near as important to you as I hope it is, you won't be

willing to let your future be just endless reruns of the past.

So I encourage you to get as much outside help as you possibly can, be it in the form of tools, tips, books, seminars, coaches, counselors, or anything or anyone else that will help you reach your goals.

Don't be shy, and don't be macho. You don't need to do it yourself. If you will simply take advantage of the help that's all around you, you'll go faster, get better results, and put yourself on track for the success you desire and deserve!

I **know** you deserve to succeed. Do you?

I wish you all the success in the world, and GHF and I are both here to help you in any way we can, so don't hesitate to contact us at any time.

Yours in total health,

Dr. Frank

PLEASE NOTE - Success Resource listings start on the next page, followed by a special report called "The Cortisol Connection."

- Success Resources -

By Dr. Frank B. Smoot, MA, DD:

Please stop by my coaching web site. You'll find tons of free success articles and free Special Reports plus a great weekly newsletter.:

<http://www.CoachFrankSmoot.com>

The *Weight Loss God's Way* Success System - A highly-effective, Bible-based, body-mind-spirit oriented weight loss program founded on both scientific and Scriptural principles. In pdf eBook format, 212 pages, 8 1/2 x 11, printable, plus several bonuses - <http://www.WeightLossGodsWay.com>

GHF's *Get Motivated For Life!* 7-week motivational program:

<http://www.global-fitness.com/getmotivated.php>

GHF's "34 Experts" page (including yours truly):

<http://www.global-fitness.com/fitnessconsultants.php>

Special Report: "The Cortisol Connection"

How High Stress Levels Create Obesity

Cortisol is the stress hormone.

Do you feel tired all the time? Are you anxious most of the time? Do you have difficulty losing weight? Do you find that you need a caffeine or sugary snack to give you a boost in the afternoon? If you answered yes to these questions you may be suffering from adrenal dysfunction.

The adrenal glands produce excess cortisol when the body is under stress. Cortisol is part of the "fight or flight" response. If we are threatened we have to immediately prepare our bodies to either face the threat or run for our lives. In order to prepare ourselves, the adrenal gland secretes cortisol to increase our blood sugar for extra energy. Cortisol increases our blood pressure and increases our heart rate in order to pump more blood to the muscles and brain to prepare us for battle. This stress response is meant to last only for the brief time necessary to get us to safety.

The "flight or fight" response was great for our ancestors when they needed the extra cortisol to protect themselves from the occasional threat of the saber-toothed tiger. It also comes in handy if someone runs a STOP sign and we have a split second to jam on the brakes to avoid an accident. If this is only a once-in-a-while event the brief elevation in cortisol does not cause health problems.

In our everyday lives we are facing saber-toothed tigers (real or imagined) all day long. Many of us are over-worked, don't get enough sleep, have demanding bosses, relationship problems, and financial worries. We may also be plagued with feelings of guilt or pain from past emotional injuries. All of these issues put us in a constant state of stress. Constant stress, in turn, leads to chronically elevated cortisol levels. Chronically elevated cortisol leads to adrenal dysfunction.

Effects of adrenal dysfunction

- fatigue
- suppressed immune system (chronic respiratory infections, allergies)
- muscle and bone loss
- depression
- autoimmune disorders (such as fibromyalgia)

- thyroid dysfunction
- weight loss resistance

If you feel anxious most of the time, you feel fatigued, sleep poorly, can't lose weight (even if you diet and exercise), use caffeine and carbohydrates to give you a boost during the day, then your adrenal glands are likely dysfunctional.

However if you feel that things are going well in your life, you are spiritually healthy, you eat well, get enough sleep, exercise regularly and maintain a healthy weight (without dieting!) then your adrenal glands are probably functioning as they should.

In order to reduce your cortisol level you have to reduce your stress. Stress reduction is a critical part of any weight loss program. I believe that is why the WLGW program is so successful. I believe that the WLGW program enables participants to improve their spiritual health and this improves their adrenal function. This may be why participants of the WLGW program find that the weight comes off "automatically".

The exciting thing is that we have the ability to actually test this theory. We now have a simple saliva test that enables patients to measure their cortisol level throughout the day. In the healthy individual the cortisol level normally will change during the day. The cortisol level should be elevated in the morning to prepare you for the day and then steadily decline throughout the day. The cortisol should be lowest right before bedtime.

In the early stages of adrenal dysfunction the cortisol level continues to rise throughout the day. In the late stages of adrenal dysfunction the adrenal glands actually become exhausted from having to continually pump out all the excess cortisol. In late stage adrenal dysfunction the cortisol levels may actually be chronically low resulting in chronic fatigue.

Conventional medicine recognizes only extremely high cortisol levels (Cushing's Syndrome) (<http://www.niddk.nih.gov/health/endo/pubs/cushings/cushings.htm>) or extremely low cortisol (Addison's Disease) (<http://www.niddk.nih.gov/health/endo/pubs/addison/addison.htm>). Most physicians do not look for less extreme fluctuations of cortisol as a source for poor health.

APPENDIX: SPECIAL BONUS REPORTS***- Special Bonus Report Number One -*****"How I Safely Lost 15 Pounds In 30 Days
With Zero Stress, Struggle, Or Sacrifice
—And How You Can, Too!"****(Not That You Should, But Here's How You Could)****2005 by Dr. Frank B. Smoot, MA, DD**

As a professional weight loss success coach, I'd like to share with you my own "insider secrets" about food and nutrition, acquired over several decades of close observation. Do I always follow my own guidelines? Nope. But when I do, the results speak for themselves. I'm 5'9" tall and weight on average 158 lbs.

By the way, I am now 59 years old. So if you are struggling with weight loss, don't blame it on your metabolism "slowing down." Your metabolism didn't slow down. YOU slowed down, and your metabolism just followed.

Anyway, my weight is usually pretty stable, varying over the past 30 years from a high of 167 to a low of 152. I like it around 157. Why is my weight so stable? It's not genetic, I assure you. Both of my sisters have had significant weight gains (and losses) in their lives. For me, the key is moderation in food and exercise.

But the real "root cause" that underlies what I (and you) weigh involves the Top Four Success Factors. There's simply no way around it. (NOTE – This is a reference to material found in the Weight Loss God's Way Success System manual. You don't need it to benefit from this article.)

Of course, my weight was pretty steady long before I knew about the Success Factors. But only after I discovered them did I understand why—because I have no self-sabotaging beliefs or attitudes that affect my weight.

How I Succeed Where 96% Of America Fails

I am especially tuned in to Success Factor Two: Self-Image (or Self-Concept). I have a mental image of Frank as he was at age 30, in essentially perfect shape. Now, at twice that age, if I look in the mirror and see something that's much different, it bugs the heck out of me. It's simply not OK for me to let my body deteriorate. So I do whatever I need to do to keep my body in shape.

Now, of course, some people (and some clients) worry that it's "vain" or "unspiritual" to be concerned about the shape of your body. But I don't worry! I understand that God gave each of us a wonderful gift called our body—our vehicle to get around in this life—and that it's our personal responsibility to take care of it.

If God gave you a car, would you take care of it? You'd better believe you would! And you'd be real clear about why. So how come we don't take care of this other "vehicle" He gave us, which is so infinitely more precious and valuable?

I recently found that my weight had "crept" up to 165. Anything over 160 is really not OK with me, but 165 is a number that triggers action. So I did what I always do if that happens. I made changes in my diet that would get me back where I wanted to be. 30 days later, there I was at 150—and I felt great! (It's really nice to lie on your back and feel a bit of a "hollow" where the stomach bulge used to be, and to see that the "spare tire" had the air let out of it :-)

Did any of this feel like a sacrifice, like I was giving something up or depriving myself in some way? Heck no! That's because my rewards don't come from cramming my face full of food, but from being fit and healthy, from doing what I promised myself I'd do—from being where God wants me to be, and where I want me to be, not where the enemy wants me to be!

What I Eat

Over the years I have studied diet and nutrition in great detail. I have found that the very best source of nutrition is what I call "one-ingredient" foods. Those are foods that, well, have only one ingredient in their name: apple, orange, steak, egg, peach, pork chop, peanut, tuna, celery, lettuce, tomato, carrot, cantaloupe, broccoli, asparagus, green beans, kale...and water! In fact, I just described about 80% of my

diet.

Note that these are whole foods and are also unprocessed except for minimal cooking. I think some people would call that a "cave man" diet. Maybe so. But it sure beats the heck out of what most people are eating.

My theory is that, if I couldn't have eaten it 5000 years ago, I probably shouldn't be eating it today. (I make an exception for the peanut, of course, and the Red Delicious apple—which didn't exist until about 1950!)

I also allow myself bread (whole grain and usually toasted) and typically have a "PB&J" sandwich for breakfast, except that the "PB" is all natural and the "J" is some kind of "all fruit" with no sucrose added. I'll tell you, it's tasty! It goes down easy and digests very well. And I should also point out that I NEVER get heartburn, though it plagued me for decades when I was younger. (For more details on this vitally important subject, please request my free Colon Cleanse report.)

The Other Secrets Of My Success

In addition to "what to eat," the other aspects of my personal success formula include "how much," "when," and "with what"—also known as the science of "food combining"—something 99% of America is dismally unaware of. It should come as no surprise to you that most of us are getting it wrong in all four of these areas.

- what to eat
- how much to eat
- when to eat
- what to eat (and drink) with what

That's why we're in the mess we're in! And of course, most of us have colons that are barely functional, way out of tone, clogged with impacted fecal matter, and are little more than ticking time bombs from a healthcare point of view. In fact, our unclean colons may be causing us most of the health problems we have right now! (Please get the free Colon Cleanse report!)

As far as how much to eat, you'd be amazed how much better you'll feel when you stop "super-sizing" and start eating reasonable portions. I can recall the first meal I

ever had in a McDonalds. I was about 14. I was really a bit disappointed at the small portion sizes of the burger, the fries, and even the Coke.

But nobody goes hungry there today! In fact, one single "combo" meal from a typical fast food restaurant now provides 100% of the calories most people need for a whole day! (And don't even get me started on the calorie content of a double-cream mocha latte!)

While there's no way I can cover my entire food philosophy in this brief space, I strongly suggest you do some reading on portion sizes, food combining, drinking-while-eating, and what time of day to eat the most. Or you can simply contact me for more information at DrFrank@weightlossgodsway.com.

I also want to emphasize that, important as nutrition is, it's virtually impossible to get to your ideal weight and stay there just by focusing on food (and/or exercise.) We are not just our bodies!! We were created body, mind, and spirit for a reason, and we absolutely can't afford to ignore or neglect any of these three aspects of who we are.

In fact, the real secret of lifetime weight loss success is to first get your spirit connected (or re-connected) to your Creator, and then begin the crucial process of "getting your head on straight"...

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. (Romans 12:2)

...and only then focusing on nutrition and exercise. Or to put it in more worldly terms. spirit "trumps" mind, and mind trumps body.

So if your goal is to get your healthiest weight, safely, and stay there, begin by getting your priorities straight (spirit first), and your mind and body will follow!

[Follow-Up One Week Later]

Interestingly, I am still losing weight steadily (about 1/2 pound per day) on my roughly 1000-1100 calories a day, and I'm not hungry either. I used to be an after-dinner junk fooder (with ice cream on the weekends) and I decided it would be

interesting to see what happened if I stopped that stuff.

It was tough for the first week, but the results on the scales made it worth the effort. Then, once the "habit" stopped screaming like a puppy left out in the rain, it got pretty easy not to eat the junk. Now, after 30 days, it's actually a habit NOT to eat junk food. I had a bit of an energy drop about 2 weeks into it, but now I have more energy than ever, and am 15 lbs lighter! (down from 164 to 149).

For the first time in 20 years, the budding love handles are gone. Don't get me wrong. I wasn't even technically overweight, much less obese. I just wasn't liking what I was seeing in the mirror. For me, that's about all it takes. A "Factor 2" violation had somehow crept up on me (oops--now I'm flirting with a Factor 4 violation!), and just got on my nerves. I could live with 159, but not 164. Do I practiced what I preach. Voila! It works great :-)

Re your personal transformation, you know, all we really need, down deep, is "permission" to be who we really are. For most of us, that's taken away early in life. I made sure you understood that you had my total permission to be who you are, and am helping you discover how to get your own!

Yours in total health,

Dr. Frank

- Special Bonus Report Number Two -

"Restoring Colon Function For Optimum Health & Fitness, And Maximum Weight Loss"

Dr. Frank B. Smoot, MA, DD

Congratulations on venturing into the most important but least talked-about area of health: colon care. No, it's not a very pleasant topic--unless you want to enjoy a long and happy life, that is!

Why would I give this report away for free?

Because I know that having a clean, functional colon is SO important that I don't want there to be the slightest reason why someone would be without this information. It's literally a matter of life-and-death importance.

About 15 years ago, I had to face the fact that my own colon was not functioning very well. I eventually identified several reason why, including insufficient hydration, too much fat, too little fiber, the presence of alcohol, sugar, white flour, dairy... Well, you don't need to know all that stuff. But let me tell you about the symptoms that disappeared from my life forever when I restored my colon to its intended level of functioning:

- 20 years of heartburn went away forever (my Tums have long since turned to powder)
- Years of living with bloodshot eyes were gone forever.
- My skin itch problems went away...forever.
- Sluggish colon function disappeared forever.
- A few pains I had developed in my abdomen went away forever.

There were lots more benefits, too, including much more energy. The bottom line: I got rid of numerous problems I never even knew were related to poor colon function. It took me about 4 weeks to see major improvements. I was so inspired that I still do about one cleanse a week.

But I'm getting ahead of myself. Let me give you the details so you can get started, too. I also want to tell you that, however inconvenient it may now seem to do this cleanse, the benefits are almost beyond imagining. Every week on TV we hear about yet another person suffering with colon cancer. This is VERY preventable! And a clean colon is the very best form of prevention.

Preparing Yourself

General - Eliminate all high-fat foods from your diet for the duration of this cleanse--and maybe for good. Also avoid sugar (except fructose), caffeine (don't panic--it's just temporary), alcohol, refined wheat products, and as much dairy as you can. You want to transition to a low-density, high-fiber diet gradually for about a week before you start the cleanse. Low-fat cuts of meat or chicken may be consumed -- in small quantities -- as desired.

Staying Healthfully Hydrated - This is always important and especially so during a colon cleanse. Drink eight 10-12-ounce glasses of water daily. Don't worry if it seems like too much at first. You'll adjust. Also don't worry that it's tough on your kidneys. Quite the contrary, they'll love it. Somewhere among those eight glasses, include:

- one glass with the juice of $\frac{1}{4}$ lemon, to be consumed upon arising
- one or more glasses of plain, pure or filtered water during the next hour
- one or more glasses $\frac{1}{2}$ hour before each meal or shake (see below)
- one glass 2 hours after each meal or shake

The Shake

No, it's not going to taste anything like a milkshake. Just put idea that out of your mind. But this simple shake will make a bigger difference in your life and your health than any other healthy thing you can do. The actual shake should contain:

- one ounce of aloe vera juice (which you'll need to keep refrigerated)
- 6 ounces of any juice that's not citrus
- one tablespoon of liquid chlorophyll
- one tablespoon of hydrated liquid bentonite clay (also needs to be refrigerated)

- one tablespoon powdered / ground psyllium hulls
- 2-4 lower bowel stimulant capsules

Let's go over these items one by one before we combine them and drink them.

Aloe Vera Juice is a contact healer and moderate pain reliever / anti-irritant. It soothes irritated skin on contact and helps lubricate the cleansing process. It helps to prevent infection and mitigate existing infections, and also helps to expel undesirable parasites (yes, you probably have them, but that's another topic) when taken for several days.

The sole purpose for having **Fruit Juice** in the shake is to make it more palatable. The shakes really don't taste all that good, so it's best not to dawdle when drinking them. But adding your favorite non-citrus juice makes it a lot easier to swallow.

Liquid Chlorophyll is called "nature's green magic" because of its many wonderful healing properties. Chlorophyll is the major component of the "blood" of plant life. It contains the life force of the plant and many life-giving nutrients that are easily assimilated by the human body. Its molecular structure is very similar to that of hemoglobin, the human red blood cell.

Chlorophyll's effect is similar to that of iron; it's a natural blood builder. It cleanses, detoxifies, and deodorizes the bowel and the entire body. It is a natural antiseptic to the intestinal tract, and inhibits the metabolic action of carcinogens. Liquid chlorophyll is so valuable to the human body that many health experts recommend it be taken daily.

After completing the cleanse for the specified period of time, you can mix one tablespoon of liquid chlorophyll with a glass of purified water and take your routine vitamins / minerals / herbs with it every day.

Hydrated Liquid Bentonite Clay is the best substance for drawing toxins out of the colon and keeping them bound on their way out of your body. It's not yummy, but it sure does its job.

Psyllium Hulls (powdered or ground) provide the "bulking agent" for the shake. They expand inside the intestinal tract and, in doing so, gently open up the crevices and pockets where undigested or impacted food can accumulate. This removal is crucial to the healing process.

When organic matter (your undigested food) is allowed to stay in one place, it becomes a breeding ground for all sorts of bad things. You know how a trash can gets is it's not emptied and cleaned regularly?

I don't mean to be unpleasantly graphic, but this really isn't a topic we can sweet-talk. Your cells need nutrients to live well, function well, and reproduce well. If they can't do those things well, they'll do them poorly. Cells that don't reproduce accurately can lead to a host of problems, only one of which is cancer.

Be sure to drink lots of water, as the psyllium wants to absorb lots of it. Otherwise you may tend to become constipated. The best psyllium product I've come across is *Yerba Prima's Colon Care Formula*, available in most health food stores

The **Lower Bowel Stimulant** is the "propellant" for your cleanse. The function of the lower bowel stimulant is to keep the bulk of the shake moving through your colon. Many Americans, due to sedentary lifestyles and diets loaded with greasy, denatured foods, have developed sluggish colons. Not only does this condition promote the creation and retention of toxins, but it also inhibits the proper assimilation essential of nutrients.

The lower bowel stimulant, in concert with the other ingredients in the shake, acts as a gentle but effective "roto-rooter" for colons that may become (or already are) toxic.

NOTE: A major key to the success of your colon cleanse will be the quality and type of the lower bowel stimulant you use. For my money, there is only one brand worth using -- a Nature's Sunshine® product called "LBS II"

If you can't find it locally (it's only sold in stores through distributors), simply go to www.naturessunshine.com and you can get it there.

Making The Shake

NOTE: Please read the instructions fully BEFORE making your first shake.

First you'll need a 12-16 ounce glass jar with a screw-top plastic lid. (Old peanut butter jars are ideal.) Then you'll be adding the 6 ounces of juice. Next you'll add

the liquid chlorophyll, the aloe vera juice, and the bentonite clay, in no particular order. Finally you'll dump in the powdered psyllium hulls.

NOTE: Get the top screwed on FAST, shake it for no more than 8 seconds, and drink it IMMEDIATELY. No sipping, no lingering, no savoring. (Trust me -- It's NOT savory.) You just want to get it down fast, because the psyllium will quickly start to absorb the liquids and become kind of gelatinous. You want this process happening in your stomach, NOT in the jar.

NOTE: BEFORE you even mix the shake, you will have drunk 8 ounces of water within the previous 2 minutes. Along with this water you will take the 2-4 lower bowel stimulant (LBS) capsules.

AFTER you mix and drink the shake you will immediately drink at least another 4 ounces of water to complete the process. Yes, you may feel bloated. But it's just for a minute. The taste goes away soon, too. But the benefits you're providing can last a lifetime. (Just do it.)

The 6-Week Regimen **(Beginners Can Just Opt For 2 Weeks)**

WEEK 1 - Drink a shake first thing in the morning (after your lemon water). You can take it ½ hour before breakfast, or instead of breakfast if weight loss is on your agenda.

WEEKS 2-4 - Drink a shake first thing in the morning AND last thing at night.

WEEKS 5-6 - Return to one shake per day, as in WEEK 1 You should be having 2-3 bowel movements per day when doing the cleanse. If not, increase the number of lower bowel stimulant capsules.(But never take more than 6 per day.)

Monitoring Your Progress

You monitor your progress means monitoring your stools. You will know when your cleanse has done its job because you won't be seeing anymore hard or dark fecal matter. If you pay close attention to what comes out of you (which I very much encourage you to do), you will probably be shocked. I have heard friends

describe seeing things in their stools (ranging from watermelon seeds to corn) that they haven't eaten in years.

I'm not kidding. I suggest you keep a stick close to the toilet so you can poke around and see what's actually coming out of you. It may seem a bit gross at first, but it soon becomes fascination. And when you really get hold of that idea that this junk has been in your own body--and could have stayed there indefinitely, doing heaven knows what--you begin to have a very different attitude toward these cleanses. Gratitude is not too strong a word.

Other Notes:

Feel free to load up on apples, pineapples, and papaya during the cleanse, and when not on a cleanse. All these fruits provide both fiber and the kinds of enzymes that are a natural aid to your digestion. Any fruits you like are fine for snacking.

Do You Really Have To Do 6 Weeks?

No. But the more you do, the better results you get. I would do at least one really serious go-round with this cleanse. Do it until you see real improvement in the quality of your stools. No more foul smells, no more dark, hard stuff, and no more constipation.

The Bigger Picture

As your cleanse progresses, you need to be monitoring your stools. You can't afford not to be tuned in to what's happening in your own body. Our culture tends to produce people who are sluggish, overweight, and heavily toxified. You do NOT want to be among them. Getting all the impacted crud out of your colon and restoring healthy colon function are of the utmost importance if you want a healthy and active life at a healthy weight.

Being healthy does NOT mean that you have to eliminate the "fun" foods. Absolutely everything I like is on my diet. But to restore the vitality and health that are your birthright requires you to FIRST actively UNdo what decades of living in this culture has almost certainly done to you. This is simply not optional.

So What's All This Got To Do With Weight Loss?

Weight loss is just one of the many benefits of restoring healthy colon function. When your colon is clean, you assimilate what you eat. This satisfies at least some kinds of hunger-- though not the kind of hunger that has non-physical roots. (For more details, you can request some of my free e books at <http://www.coachfranksmoot.com/freereportspage.htm>).

While the real, root causes of excess weight are clearly non-physical, cleaning your colon is something unquestionably positive that you can easily and quickly do for yourself. It's not the entire weight loss solution, or even the biggest part of it, but it's absolutely part of the process of creating a healthy, vibrant life!

If you have any questions, or if you'd like to learn the secrets of safe and lasting weight loss, please feel free to contact me at DrFrank@coachfranksmoot.com.

Yours in perfect health,

Dr. Frank