**Secret to Weight Loss Success**

Do you feel guilty every time you eat something “bad”? Do you sabotage yourself when you start to lose weight, causing you to gain all the weight back, and then some? If you answered yes to these questions, you aren’t alone.

The good news? There is a secret to losing weight and it can be easier than what you’re making it. How?

Let me ask you this. If you’re trying to help someone learn a skill, how do you do it? Do you belittle them? Berate them when they don’t get it right? Tell them they’ll never get it right and give up on them?

Of course not! You work with them time and time again until they get it. You realize that everyone learns differently, so if you explain things once and they don’t understand, you find a new way to explain it. And, if they don’t understand then, you find another way to say it. You keep trying until you find an explanation that works for them. One that clicks and makes them say, “Oh yeah! I get it now!”

So, why don’t you do that with yourself when it comes to losing weight? Why don’t you keep trying until you find a way to lose weight that you understand? A way that works for you?

Reality is, we give up on ourselves quicker than anyone else can give up on us. When we don’t get something right the first time, we say, “Oh well. Guess it wasn’t meant to be.” And, sometimes, we call ourselves names and insult our ability to complete our mission.

Yet, if you start to treat yourself like you would treat that student who wants to learn but just needs to be taught in a way they understand, you’re at least giving yourself a fighting chance. Be patient. Like anything else you learn, it’s a process.

Don’t give up on yourself. So you didn’t get it right the first time. So what? Not everything works for everyone. Try something new and see if that works for you. Eventually, you will come across something that clicks. And, when it does, watch out because you will be unstoppable!

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