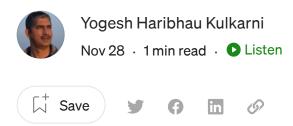




Published in TL;DR,W,L



## Summary of "SECRET METHOD For Weight Loss"

YouTube channel: Tom Bilyeu

## **Original Source**

Her SECRET METHOD For Weight Loss Will BLOW YOUR MIND | Liz Josefsberg on Health Theory (<u>YouTube</u> 54 mins)

## **Jottings**

- Theme: Weight Loss (mostly mental ways)
- We know what's good, but we don't act consistently
- Even if you don't achieve target perfectly, that's ok, even nearby it is ok.
- Guilt about not following diet, triggers reward in brain!! gamblers gamble more when loosing.
- Move bad triggers away from sight. Refuse excuses. Repetition builds habit.
- We overeat due to stress. Meditate.
- Practice gratitude.
- Eating is inherently attractive [evolutionarily].









- 6 Pillars for Wt loss:
  - diet/carbs < 100g,
  - exercise > 100 minutes a week,
  - movement > 100 minutes a week,
  - stress relieving > 100 minutes a week,
  - water (one imp change)
  - sleep
- Tech/Wearables: use mobile to count steps > 10k-12k, track sleep but not food.

The above summary was also posted in the Comments section of the original YouTube video.







