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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 ([YouTube](#) 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 losing.
- Move bad triggers away from sight. Refuse excuses. Repetition builds habit.
- We overeat due to stress. Meditate.
- Practice gratitude.
- Eating is inherently attractive [evolutionarily].





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- 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.

