

Breaking All the Rules

The basic premise for this guidebook comes from Albert Einstein. If you want to find the answer to a problem, the most important thing you can do is ask the right question. That's what Einstein did, and he found answers to some of the biggest mysteries of the universe.

If you are like so many women, you've probably asked yourself many times: *How am I going to lose weight?* This isn't exactly a wrong question; it's just not the right one to start with. This question propels women toward weight loss plans good and bad,

gym memberships, food scales, calorie counters, controlled portion sizes, eating diaries, quick weight loss diets. These things can be excellent weight loss tools for sure, but they don't work the instant wonders we want them to work. If they did, anyone would be able to get thin and stay thin without a struggle.

So take it from Albert Einstein. Let the power of asking the right question come to the rescue. Instead of asking: What can I do to lose weight, try something different this time. Ask yourself: What have I been doing to keep this weight on? If you ask this question first, it will breathe new life into your weight loss process. Asking this clever question will ultimately produce the results you are looking for.

See if you can begin thinking of it this way: What habits play out so naturally

when it comes to your eating and weight? What habits are never left out of the picture, as though they are sacred laws? These habits are the steadfast rules you've been following, and they pull together. They have been working overtime, keeping you fat. In fact, these rules have made it very, very easy for you to stay fat, and very, very hard for you to get thin. These rules have been holding you hostage, and maybe now it is time for you to escape. Maybe now is the time to break the rules of your fat life and create a new set of rules, rules that make it easy for you to get thin and easy for you to stay thin.

As you begin to break these old, strict, binding rules, you will be effectively brushing aside big obstacles you've had to fight against in the past. You will be clearing the way. As you break the old rules, you make

space for new rules, rules that work *for* you instead of *against* you. If you don't need to fight against yourself every step of the way, weight loss becomes possible, inevitable, and even a joy.

Lasting weight loss is a matter of the mind and the heart as well as the body. It is fascinating to see how self-awareness, introspection, insight, and foresight are ultimately more powerful than any hardwired habit. Somewhere between the practicality of breaking old habits and the spirituality of breaking free, you will find yourself in a beautiful new place, a place you've been trying to get to, exactly where you want to be, on solid ground, free from the tyranny of a weight problem, a true weight loss success story.

Remember, this is a radical, Einstein-type approach, because you are asking a

different question this time. Instead of asking, “What can I do to lose this weight,” the first question is, “What have I been doing to hold on to it?”