

# THE TRUTH ABOUT WEIGHT LOSS

By Giselle Felicia Vivian, BM CHT

Clinical Hypnotherapist & Performance Coach

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Are you looking for some magic bullet or short cut to releasing those pesky, unwanted pounds? You are not alone. Despite all the diets, pills and potions out there that can give you short-term results, the truth is that many of us have been very successful at losing weight AND then finding it again. So we lose and gain and lose and gain....Let me off this roller-coaster ride, PLEASE!



How do we get off this ride once and for all? We need to get real with ourselves and realize that unhealthy practices will eventually bring us back to unhealthy results. Another way of saying this is that we must maintain healthy lifestyle practices to maintain our healthy results. There are no long-term shortcuts. There may be some supportive aids along the way, but repeatable healthy choices and habits will insure safe, permanent, and healthy weight reduction and release. I have come to this understanding personally and professionally, as a certified hypnosis and weight release specialist.

Our food and activity choices are the obvious areas that most seeking slimness will address to get back on track to a desired weight. Fewer calories in and more activity to burn them up is the game plan. Now, let us back up a step. What caused our diets and exercise programs to get derailed in the first place?

To explore this, let's answer these questions:

**Did we grow up learning early in life how and what healthy practices look like?** For many, this foundational awareness and education was absent. We never learned how to eat a healthy well-balanced diet. What is that anyways? Maybe your parents just weren't active or athletic. We might have missed out on discovering how much fun and satisfying it can be to be physically active, to play and to move our bodies. We may have also missed out on developing discipline and the confidence that we can accomplish anything we set out to do. It's not too late to learn.

**Do we have a stress management strategy for those unexpected or challenging circumstances that are just part of being alive?** With the increased pace of life in our modern society, it is more important than ever to have healthy tools to help us manage our stress. Do you have these skills, or get them early on in life? Instead, we may see others handle their stress by heading to the refrigerator or freezer, or, having that drink or cigarette to relax. We

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witness emotional/comfort eating 101 and substance abuse in action. Our stress may also be affecting our sleeping patterns and minimizing our metabolism's ability to work effectively and help us release weight more easily. This valuable and necessary time of healing and restoration for our overall well-being is sabotaged.

**Do we use food to satisfy other needs?** Being overweight is not always just about the food and exercise. What's eating you? Maybe what was learned along the road of life was that food was love, punishment, or, a reward for "doing something well". Unconsciously, we are motivated to eat to recapture that love or emotion we desire to recreate. Yes, sadly we do seek to punish ourselves sometimes. Also, when we can't control other circumstances in our lives, we may unconsciously turn to food choices as a way of exerting our power and authority. Something sweet and forbidden and temporarily satisfying may just give us enough of a body/brain buzz and push away the feelings of helplessness that may be alive in the moment.

**Are we experiencing the need to protect ourselves?** Unfortunately, many individuals have been victimized or suffered a traumatic event. While many have done their best to move forward in life, they still have the need to insulate themselves from the very real emotional pain of past sexual abuse or other trauma. Unconsciously, being bigger and carrying around our body armor keeps us feeling safe in the world. Why would we want to allow our bodies to slim down, be more vulnerable and less protected? If we carry any guilt, why would we deserve to be happy?

You can see that just diet and exercise are not enough for some folks to successfully release and maintain a healthy, desirable weight and lifestyle.

## RECLAIMING A HEALTHY BODY FOR LIFE

Here's the bottom line. We are all unique individuals and the reasons we go up and down in our weight are many. Some individuals are blessed with a simpler path to the desired result – just reign in the slight over-indulgences and move more. For others the journey to safe, permanent, and healthy weight release will involve more personal growth and self-exploration. Give yourself permission to enjoy the new unfolding self-awareness, learn new life skills, and allow the time for a healthy, permanent and safe release of unwanted weight.

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You can benefit from priming a more effective alignment of your conscious and subconscious mind-power for better results and long-term success. Actively engaging the power of the subconscious mind, where 90% of our mind power resides, can benefit you and support you in the following areas:

- Tap into powerful motivation for creating a healthy lifestyle
- Eliminate sabotaging emotions, behaviors, and manage stress better
- Establish healthier eating and exercise habits
- Increase self-awareness, confidence & positive self-image
- Reclaim your personal power and joy

## THE REAL TRUTH

Whether you are committed to weight release for health reasons or to enjoy a better self-image, it is important to realize that you have the opportunity to enjoy your life right now. Do the best you can. Don't make the mistake of postponing your self-love and happiness until you reach your goal weight. Ultimately, we all seek to live a life that is happy, healthy, satisfying and meaningful. Start appreciating the best in yourself and realize that you are not defined by the number on the bathroom scale. We are all gifted with the power of choice. The choice to see the best in ourselves and others, the choice to make changes when we realize something is not working for us, and the choice to put ourselves on the top of our to-do list. Remember, you can now choose to release the weight now...no more losing that stuff, right? ♥GFV

### About the Author...

**Giselle Felicia Vivian, BM CHT** is a Certified Hypnosis and Weight Release Specialist with the American Hypnosis Association (AHA) and a graduate of the Hypnosis Motivation Institute – America's first nationally accredited College of Hypnotherapy. She is currently in private practice in Albuquerque, New Mexico where she offers the **"Lighter, Living & Loving More!" Weight Release Program**. She shares her first-hand and compassionate understanding of the struggle with weight release with her clients, empowering them with the mindset, tools and practices that support safe, permanent, and healthy weight release. To learn more about this program and other specialties, visit: [www.gisellefeliciavivian.com](http://www.gisellefeliciavivian.com).