



Love Yourself Lighter: How to End Your Weight Struggle by Changing the Way You Think

Suyin Nichols

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The diet industry tells us to focus on "Eat less, Move more" to change our bodies, but countless dieters end up sabotaging themselves because they are not addressing the root cause of their weight issue--their MIND. Barring certain medical conditions, if you struggle with your weight, you have a mindset that is driving the actions (or non-actions) that are resulting in the extra weight you carry. In Love Yourself Lighter, you will learn how your mind works, uncover the "why" behind your weight, and learn how to rewire your thinking to support the outcomes you desire. You will also learn how to address the emotional component of weight loss, which will help you end emotional eating and establish the kind of connected relationship with yourself that leads to long-term results. Written with the intention to be used as a self-coaching guide, Love Yourself Lighter is divided into eight sections that will lead you through the process of understanding your mind BEFORE you get to work on your body. You will develop a solid mental foundation to support the effective self-care routine you'll be inspired to create, as you begin shifting your mind from thoughts of self-loathing to thoughts of self-love through the lessons within its pages. Author and Master Certified Weight Loss Coach, Suyin Nichols, generously shares the knowledge she has gathered on her own weight loss journey, as well as the journeys of many clients she has coached over the years. Let their stories inspire you to believe that freedom from the weight struggle is absolutely possible for you when you apply these coaching tools to your life. You may think you have tried everything, but you haven't tried THIS. Since hating your way to health doesn't work, why not try a new approach? Open your mind and be willing to Love Yourself Lighter.

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