

WHY YOU?

It is true that only 1% of people will lose weight and keep it off.

This is because of how the body and mind have been conditioned and how our environment is dedicated to keeping you overeating.

In order for you to be the one who makes it and is truly free of the struggle, you will have to go through the fire of self-connection and release buffering.

This will go against your deepest instincts to seek pleasure and avoid pain. But at the same time, you will deepen your connection with yourself.

I'm not teaching you how to resist better and control yourself better, despite your instincts. (We have all met these people who are trying to control their food. This is not freedom.)

I'm teaching you how to release the need to overcontrol yourself because you will release your over hunger and over desire.

Below, write a paragraph about why you are willing to go through this fire emotionally and physically. Why is this worth it to you?

