



Weight Loss for Foodies!

ShariBroder.com

8 Secrets for Permanent Weight Loss

Use the
Hunger Scale

The reason people are overweight is because they eat for reasons that have nothing to do with hunger. Your body knows what AND how much it needs if you listen to it and learn to trust it. The Hunger Scale gets you back in touch with your body's natural hunger and fullness signals. It helps you know when to start eating and when to stop. When you stop overeating, the extra weight drops off. Really.

Eat What You
Love

It's time to get rid of those lists of good and bad foods and start eating what your body wants and what you find satisfying. You'll stop overeating "healthy" foods that don't leave you feeling satisfied, and you'll notice your cravings disappear! When you stop thinking of certain foods as forbidden, they lose their power over you.

Eat Mindfully

When you eat while multitasking, you don't fully experience and enjoy the foods you eat. How often have you eaten something and not really enjoyed it because you weren't paying much attention while you ate? If you're eating foods you love, you should enjoy them, and you can only do that if you pay attention to your food and eat without distractions.

Manage Your
Thinking

Every overweight person eats to avoid feeling negative emotions, but eating does not resolve the problem that's causing these feelings. Learning how to feel normal emotions instead of eating to avoid them is key to permanent weight loss. Learning how to manage your thinking to help you feel better is an integral part of this process.

Keep an Eating Journal

This is one tool almost everyone successful at permanent weight loss uses. Awareness is so important for losing weight, and writing about your eating increases awareness. You can do this in one of three ways: (1) Record everything you eat each day; (2) Record where you are on the Hunger Scale when you start and finish eating; or (3) Keep a record of your wins. That means making a written note of every time you eat only when you're hungry or do something that is helping you establish new eating habits. You'll be amazed at your insights!

Cultivate an Abundance Mindset

Reject the diet mentality which makes you think food is scarce. This actually causes overeating and weight gain. When you adopt an abundance mindset--knowing that you can have delicious food you love whenever you're hungry--that allows you to have your favorite foods when you really want them, so you stop obsessing about food and thinking you have to eat because "it's there."

Quiet Your Inner Critic

Your body is your home for life. It's the only one you get. Yet so many people treat their bodies and themselves poorly. They talk to themselves in ways they'd never speak to someone they care about. Hating your body or yourself never brings about positive change. To lose weight, you need to start appreciating all that your body has done for you in spite of how you may have treated it in the past.

Find Pleasure Beyond Food

Many overweight people use food as a source of almost all the pleasure in their lives. You deserve to have other forms of pleasure besides food. Find ways to treat your body and yourself with care and kindness. Indulge in non-food things that make you happy. You will reduce the desire to overeat.

Hi, I'm Shari!

and I'm passionate about helping women lose weight without diets by teaching them how to eat mindfully and stop emotional eating so they can enjoy the foods they love while permanently losing their desire to overeat along with their excess weight.

I'm the host of the Weight Loss for Foodies podcast, available wherever you listen to podcasts, or click the photo of me below.

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