Why We Gain Weight and How to Lose by Lisa Beverley

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Our emotions decide whether we win or lose weight. How do you feel at any given time the force control of your weight loss effort.

Weight loss is all based on our feelings and I challenge anyone to refute that claim.

We as humans do things that give us pleasure and avoid things that cause us pain.

Why we decided to eat or enjoy the things that can not be the best for us? Because it gives us pleasure.

Think of many times in his life that the food was the main focus. When we celebrate with friends or family, we eat.

When you mourn a loss of a loved one, the food again is

comforting people. When we're nervous, eat. Sad, we eat.

When we are happy, what do we do? So, eat. So overeating and the consumption of excess calories in overeating,

start packing unwanted pounds.

But gives us short-term pleasure to eat. If you give us pleasure, it is based on emotion. The immediate pleasure of eating that piece of Godiva chocolate or pizza is greater than the pain and guilt that come in a moment later, when looking at the scale starts to creep up again.

We do things by the time they give us pleasure in the same time, often without thinking about the future.

Therefore, if weight gain is linked to emotions, then it is logical that weight loss would be. If we do things based on pleasure, we find the pleasure of initiating and maintaining weight loss and fitness program.

If you do not get some pleasure from it, not follow it. We have strong reason enough in the not too distant future be easy enough to keep us motivated to continue with our weight loss attempts.

What are some of the reasons for you to achieve your goals? I bet they are based on emotion.

Do you want to fit into that bathing suit to impress your partner? Do you want to attract the person of your dreams? Want to get in first bodybuilding or fitness show?

Or just want to feel better and have more energy?

Whatever you chose, the benefit they receive later should be nice enough that you resist the temptation to give in and enjoy immediate pleasure of a piece of cake or ball of Ben and Jerry.

So how to solve their emotions are not tempted to leave and give up to lose weight?

First, do not think we'll ever solve the problem, just have to learn to better manage their emotions.

All our actions are carried out because we have some kind of

emotional reward them. When you sit at night and Gourgue in the foods you know you should not be, which is receiving a payment of instant pleasure.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss including remedies, a health and fitness and a nutrition, slimming, weight loss products, bodybuilding supplements and diet tips.

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