

SESSION I

INTRODUCTION:THE NEW NEUROPSYCHOLOGY OF WEIGHT CONTROL

OBJECTIVES

- *State why being overweight is a result of today's sedentary lifestyle rather than biological destiny.*
- *Recall how you looked and felt when you were younger and leaner.*
- *Describe how you look and feel now.*
- *List the reasons why, over a long period of time, you became overweight.*
- *State the health and psychological problems you are experiencing from being overweight.*
- *Describe why diets make you fat.*
- *List the benefits of having a lean, healthy, high-energy body.*

BACKGROUND

Your motivation to participate in this program probably comes from a need or desire to weigh less, look and feel better than you now do. At this point you may be acutely aware of the problems associated with excess fat. Recent medical research considers obesity to be one of America's deadliest diseases.

Excess fat is the cause of many serious physical and psychological problems. These include heart disease, high blood pressure, cancer, low self-esteem, depression—just to name a few.

To rid yourself of excess fat you may have tried many diets and exercise programs and become discouraged when they didn't seem to work. The truth is that excess body fat has relatively little to do with the amount of food you eat.

By incorporating the research of the world's top scientists into an effective, easy-to-understand-and-apply program. *The New Neuropsychology of Weight Control* enables you to systematically burn unwanted fat through proper eating habits and non-strenuous exercise.

The benefits of being healthy and lean might seem obvious; however, we may have thought of some that you have not yet considered. These will be described in the audio, and later you will personalize them to meet your own particular needs. Review this list to focus your thinking on the positive outcomes in store for you:

- Weight control is an achievable goal.
- You can learn how to maintain your new level of leanness.
- You will look different — much more attractive.
- You will relate to people around you with new-found confidence and skill.
- You will have more energy and more stamina.
- You will have more drive to achieve your other goals in life.
- Best of all, your health will improve.

That list of benefits must excite your thinking as to what you will achieve in this program! Now, proceed to the Practice and follow the instructions there.

PRACTICE

1. Re-read the objectives for this session.
2. Listen to/read Session I audio “Introduction: The New Neuropsychology of Weight Control.”
3. After you have heard the audio, use the space provided below to briefly describe why your destiny is to be lean. (Use your keyboard to enter information on the lines below)

4. Explain how you felt about yourself, your body and your relationships with others when you were younger and leaner.

5. How do you feel about yourself, your body and your relationships now?

6. List some of the health and psychological problems you experience from being overweight.

7. List the reasons why you gained weight.

8. How has dieting contributed to your weight gain?

9. Describe the most important benefits of having a lean, healthy, high-energy body.

POINTS TO REMEMBER

- Being overweight can be a devastating and deadly disease.

- Permanent weight loss is achieved through understanding the principles of how your body works and consistently applying those principles to your life.
- Diets don't work. Your body interprets a low-calorie diet as the onset of starvation and sets up defenses to keep you from losing fat. Diets only make you fatter.
- True weight control is fat control. Success should be measured in pounds of body fat lost and not in pounds of lean muscle tissue and water.
- If you were once lean and have become overweight, to become lean again is your right and destiny.
- If you have always been overweight, you can become lean through the principles you'll learn in this program.

PROGRESS CHECK

The practice you just completed is the Progress Check for this session. For additional feedback compare your Practice work with the Objectives of this session.