

SESSION 12

THE MOTIVATIONAL JOURNEY: THE POWER OF KNOWLEDGE

OBJECTIVE

- *Provide a quick review of the key principles of this program.*

BACKGROUND

During the course of this program you have been exposed to the true principles of weight control. In this audio session we've summarized these principles so you can gain a quick review of what you've learned.

This session is designed to be used AFTER you have listened to the entire program. It will help you recall the knowledge that serves as your basis for successful weight control.

PRACTICE

Listen to/read this audio session and re-listen/re-read whenever you want to review what you've learned in this program.

POINTS TO REMEMBER

- Keeping the principles of weight control fresh in your mind will increase your chances for success.
- This session is designed to provide a quick review of the true principles of weight control. It is designed to be used AFTER you have listened to the entire program.