

Things you'll never hear when you're trying to lose weight or kick the smoke habit...

1. Certain times of the day are going to be more of a problem for you to stay on track. Learn to be prepared...
2. Your past will often haunt you when you want to overcome your bad habits. To be more successful and less stressful, you must come to terms with some of your previous dieting or smoking cessation experiences.
3. Cravings are tough to overcome, but with some easy to learn techniques, you can kick your cravings, anytime!
4. No matter what you're talking about, every circumstance has a good side, and a bad side. Identify and remove your conflicting thoughts about your situation because the negative will stop you from succeeding.
5. Who won't like it, if you succeed? We don't usually want to hurt others, and if we think someone won't like our new situation, we may unconsciously stay where we're at to please them.

If you really want to overcome a bad habit, do it the easy way, and call me for a free consultation!

905-945-1331