

# YOUR MUST-HAVE GUIDE TO ENDING THE DIET CYCLE TODAY

*5 quick and easy steps to break free from dieting*

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## Hey There!

Thanks for downloading Your Must-Have Guide to Ending the Diet Cycle Today. I'm so glad you're here.

I know what it's like to live a life obsessed with food and weight. For almost 12 years of my life, I lived each day a slave to the endless cycle of dieting and binging.

Daily, I agonized over how I could lose weight and utilized every method known to man to "get rid of those unwanted pounds" (yes, I became a sucker for quick-fixes). I consumed thousands of diet pills, tried every diet under the sun, did every cleanse in the book, and exercised for hours on end, only to gain, lose and re-gain the same 60 pounds over and over again.

### **Despite my diligent efforts, nothing gave me lasting results.**

Thankfully, my life is drastically different now. I can go out to a restaurant and order what I want, based on what looks delicious, not on how many calories it has. I can go a few days without working out and not have a meltdown. I can even have a cookie and not compulsively eat the entire box.

It's your turn now. You CAN live a life free from obsessing over food and your body 24/7. You can look at the person you see in the mirror and not have the "I hate my stomach" thought be the first thing you think. You can eat what you want and not fear gaining 100 pounds overnight. You can even have a cookie without it ruining your entire day.

Trust me, it IS possible.

With this Must-Have Guide, you'll get my top five quick and easy steps to begin your shift towards releasing the food and weight demons. Plus, you're now on my weekly list to get all of my tips, tricks, and inspiration to continue on this path to freedom! I know you can do it. I'll be your partner in crime to support you along the way.

# 1. Deal With Life's Overwhelm

There seem to be an infinite number of things that send us down that destructive spiral into “help, I want to eat my entire pantry!”

...A long stressful day at work.

...A fight with your significant other.

...Feeling lonely on the weekends.

...Jealousy over a friend's weight loss.

...Frustration with a coworker.

...An unfulfilling career.

Pretty much anything can send us back down that path of fighting to gain control of our food. We compulsively overeat, rigidly restrict and frantically try to control what feels out of control.

Controlling food and weight seems much easier than facing our overwhelm: eating ice cream seems easier than dealing with the empty, lonely feeling we have when we get home from work. Getting seconds and thirds at the staff party seems like a good alternative to dealing with awkward coworkers. Stopping at the supermarket to gorge on your favorite candies seems to be an easy solution for having a shitty day.

Whatever situation in your life seems overwhelming, you find yourself thinking... *doesn't it sometimes just seem easier to turn to food?*

But, this, my friend, is an illusion.

**Because after we eat, we always end up realizing...."oh wait, now I have to deal with the anger, frustration, and disappointment at myself for overeating in the first place". And then a destructive cycle begins.**

**Let's work on dealing with the overwhelm so it DOESN'T cause us to turn to food.**

Figure out where in your life you feel overwhelmed and start delving in to face it head on.

**Your take-action step:**

Take an honest look at your life. Where do you feel overwhelmed? Is there an area that causes you a lot of stress? Focus on the two areas of your life that are causing you the most stress and find two actionable steps you can take to begin to manage your feelings.

**For example:** If your job causes you a ton of overwhelm, what can you do so it doesn't drive you to eat? Maybe you will start taking a 15 minute break to go outside every two hours. Or promise yourself you will leave early at least 1 day a week to do something you enjoy.

**Whatever it is, start to work through your stressful areas and you'll be amazed at what you can change with small, actionable steps!**

## 2. Identify Your Food Triggers

Do the Reese's cups in the candy dish in your office scream "EAT ME" messages all day? Perhaps it's the cookies in your pantry that seem to call your name every time you open the door? Or maybe it's the gallons of ice cream you have in your freezer for special occasions that really does you in.

When you identify what foods send you down that compulsive overeating path, it can be very helpful to eliminate these temptations from your life.

Eliminating the foods that begin the compulsion, puts an end to the "well, I overate, so now I have to diet tomorrow" cycle.

When you are first starting out on your food freedom journey, it's important to be your own biggest supporter. Why would you have extra temptations laying around to test your ability to say no? This just makes it harder!

You don't have to avoid ever having sweets in the house forever, but when you are starting out, it can be extremely helpful.

**When you don't come across the foods that trigger you to overeat constantly, it brings more space and clarity around what your body really needs to fuel you in a healthy and balanced way.**

## **If the way to start off strong on your journey is to throw out any junk in the house until you feel more confident, then do it!**

You can add back in foods when you aren't as tempted and as you gain confidence with being able to have them around. But when you take that first step towards freeing yourself from spiraling out of control with food, make it as easy as you can!

### **Your take-action step:**

Pinpoint those foods that cause you to overeat and leave you obsessing over wanting more. Do a quick scan of your week and see where you can eliminate foods from your office, car, house, or purse. Do you want to dig into the leftover brownies sitting on your kitchen counter? Is your "emergency candy stash" making you constantly crave candy? Do you fantasize about the ice cream in the freezer? Figure out what foods trigger you and toss them as necessary!

### 3. Get Rid of the Perfectionist Mindset

While you're tossing out the junk food, it's also time to throw out the stinkin' thinkin' of perfectionism. Any time you feel the perfectionist mindset creeping in, I want you to replace it with your newly-adopted life motto:

#### **Pretty good = Perfect**

It's time we adopt a new slogan for our lives. Let's lower the perfectionist standards we impose on ourselves and relax into affirming, "yes, pretty good DOES equal perfect". A part of the food battle lies in this intense pressure to achieve perfection that we place upon ourselves.

No one can live up to that unrealistic, unattainable standard. Would you uphold your best friend or sister to the same impossible standards you hold for yourself? Of course not! It's time to start a revolution and adopt an attitude of "why, yes, that was pretty good".

Begin to reframe your mindset. Each meal does not have to be perfect. Every work project doesn't have to be 150% of your highest effort. You don't have to be the perfect friend, daughter, girlfriend/wife, and person. Release some of that pressure you put on yourself.

**Do you need permission to let go? Here it is: I give you permission!**

### **Your take-action step:**

In order to start to shift your mindset away from striving to be perfect, we need to put it into practice. For the next week, list 3 things each day that you did “pretty good”. (And for all of you grammar nazis, I know it’s supposed to be “pretty well”, but hey, that doesn’t have quite the same ring to it, does it? 😊 )

### **For example:**

Things I did “pretty good”:

I worked out for 15 minutes (even if you wanted to exercise for 40)

I ate a sandwich and 2 pieces of candy for lunch (even if you are mad at yourself for eating the candy)

I said no to a coworker who wanted my help on a project (even if you felt guilty for not taking on the project)

Even if you find yourself shifting back into “well, I could have worked out more, ate less, helped more, and done better”... applaud yourself for beginning to shift your mindset. All of the things on your list are PRETTY GOOD!

**And just like 40 is the new 30, well, pretty good is the new perfect 😊**



## 4. Bring Non-Food Pleasure Into Your Life

We think food will bring us pleasure. We've convinced ourselves that eating will pacify our feelings, calm our nerves, bring us joy, and make us happy. But after enough gorging ourselves til the sun comes up, we slowly (or suddenly) realize:

**Food does not bring us what we thought it would.**

This is a huge realization. It frees us up to begin to find other sources of pleasure in our lives. When we actually stop to notice, pleasure is everywhere. Whether it's getting a massage once a month, having a date with a girlfriend once a week, seeing a movie that YOU want to see, or buying yourself flowers for your apartment, do more of the things that fill you with enjoyment and pleasure.

Fill your senses with overwhelming, awesome amounts of pleasure. When your senses feel satisfied and you fill your life with enjoyment, food begins to lose some of its importance.

**Your take-action step:**

**Take the 30 day pleasure challenge!**

Every day, for 30 days, find something that brings you pleasure. It can be something as big as calling out of work to spend the day doing things you love or it can be as small as using essential oils to rub on your temples before bed. Whatever brings you pleasure, bring MORE of it into your life! Be creative here, the only limit is your imagination. See how much awesome, sense-stimulating, authentic pleasure you can fill your life with.

## 5. Release the Struggle

Did you ever play with one of those Chinese finger traps when you were younger? You know, the ones where you put your fingers inside and then try to see if you can get them out?

Your younger, more foolish self would pull and pull and pull some more to get each finger unstuck. But, to no avail. No amount of brute strength could pry your fingers apart.

The “trick” was to release the effort, and slowly, with ease, pull your fingers out.

And so it is with this endless struggle with food and dieting. What happens if you let go of the fight? If you released, just a little bit, some of the mental energy you spend trying to “fix” it and get it perfect every day? What would your life look like if you took a deep breath, let out a big sigh, and just surrendered? Even just a little bit?

So much of the struggle is in the fight.

**When we release the fight, let go of the pressure, and allow it to be as it is, that’s when change begins to happen.**

### **Your take action step:**

Take out your journal and ask yourself this question: how can I release the struggle? Explore what that would look like during times of stress, during meals, during your workweek, and during your weekends. Where can you let go even just a little bit? How can you give yourself more permission to LET GO?

## One More Thing...

Congrats! This is the beginning of an amazing journey for you. Remember, as with all change, lasting change takes time. There is no magic pill, quick fix, or fairy-tale solution that happens overnight.

This is actually the good news. Having the courage to dig deep within yourself to begin to change and move towards more freedom is AN AWESOME THING. I am so glad to be beside you, to support you along this life-changing ride.

Take time to continue working on the five steps above, and watch small shifts begin to create big results in your life.

Imagine a life where you don't fear getting on the scale, looking in the mirror, going out to eat, or leaving yourself alone with a pizza...

**Imagine a life where you step out of the obsessive thoughts and into your life.**

It IS possible.

Love to you in your journey,

## What's Next?

Come over to my [facebook](#) page, say hello and tell me which step you're having the most success with. Hearing your stories and triumphs really makes my day.

Love this guide and want to share it? I'd really appreciate it. My mission is to reach millions of women around the world who are struggling with food, eating, weight, and body issues. Each and every women deserves to live a life free from the pain and struggle that these issues bring. So, help spread the message!

Share on facebook: Just finished the Must Have Guide to Ending the Diet Cycle Today. Get it at [www.jennhand.com](http://www.jennhand.com)

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