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Weight Loss for the Busy and Broke

Suzanne Struthers

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DEDICATION

Thank you J.J. for the support, you are my bedrock. My Weight Loss for the Busy and Broke darling daughter, Savvy-girl, you light up my life. Mom, I couldn't have done this without you - you are amazing. And Pegasus, thank you so much for the encouragement, editing, and pep talks.

CONTENTS

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1 This Needs to be Said

2 Weight Loss for the Busy and Broke

3 Burn it, Baby!

4 But Fast Food is so Convenient

5 What They Don't Tell You

(or tell you in print too small to  
read)

Weight Loss for the Busy and Broke

6 Dieting and Money

7 To Sum Up

Weight Loss for the Busy and  
Broke

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## Weight Loss for the Busy and Broke

### 1. THIS NEEDS TO BE SAID...

Dieting advice is a bit cliché by this point. Weight Loss for the Busy and Broke There are a million and one articles, some of them contradictory, all offering interesting tidbits that range from strange, to sparse (grapefruit diet anyone), to downright hard (I don't care how many people have had success on Paleo, cutting carbs is no easy task as bread is so, so good). But here's the thing I've learned trying all of them.

If it's hard to do, it's hard to keep motivated. If it deprives you, it's easier to break and harder to get back into. If it's pricey the financial strain makes it easier to say, "Eh, it was too expensive anyway, it's less expensive to just buy a larger pair of pants".

So I'm going Weight Loss for the Busy and Broke to start with the best advice of this entire booklet... When dieting, you have to cut yourself some slack. I mean it. Maybe this is just me, but when things are too strict and unyielding, even if that strictness comes from within (I tend to be a bit hard on myself while dieting, I've been known to go Army drill sergeant about it... were the hubs reading this he'd be snorting Weight Loss for the Busy and Broke over the understatement of that) it's easier to not only break the diet, but rationalize the breakage.

It took me years and years of "yo-yo" dieting to realize that the best approach is Weight Loss for the Busy and Broke what I like to call the "Zen approach".

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General rule of thumb for the Zen approach - if you break the diet it's okay. The diet police are not going to cart you off to jail. Saint Peter is not going to stand at the pearly gates and read off a list of every time you caved when passing by a table of cute little Girl Weight Loss for the Busy and Broke Scouts selling their delectable cookies of evil in front of the grocery store. No one is going to hold up a cue card telling an imaginary audience to boo and jeer. You will Weight Loss for the Busy and Broke not be made to wear a dunce cap.

Basically, and I can't say this fervently enough... don't use a momentary lapse of willpower as a reason to give up entirely. I've done that again, and again, and again (and again). Enough times that if I had a dime for every occasion I would be a whole lot better off financially than I am now.

Don't consider a binge a Weight Loss for the Busy and Broke lapse of character, or a sign that you're just not Weight Loss for the Busy and Broke meant to diet, instead consider it a reward, or a "cheat day", or recite to yourself the following: "occasional self-indulgence is good for the soul, as long as it doesn't become habitual or happen with great frequency, I damn well deserve this!" And then go back on your journey to weight-loss immediately thereafter.

Cravings happen. And perhaps occasionally indulging them will prevent bigger, future fall-outs if the craving is left unchecked. If you're anything like me, the more Weight Loss for the Busy and Broke I can't have something, the more I want it, and left unattended the want grows faster than a fifteen-year-old boy leafing through a pilfered Victoria's Secret catalogue. So indulge that craving moderately, pick yourself up afterwards Weight Loss for the Busy and Broke and be better about the calorie intake the next day.

What I'm trying to say here is that being healthy should be a lifetime goal, not a temporary state. And it's easier to commit to something that doesn't Weight Loss for the Busy and Broke ban you from the occasional chocolate sundae. Every once in a while, eat a slice of pizza, have that banana split, then get up the next morning and go back to making healthier choices.

I like to think of my cheat day as a time-off for good behavior.

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## 2. IT'S ALL IN THE MATH

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