



Women Only Boot Camp New Years Resolution Secrets - Two Old School techniques to create more Fat & Weight Loss

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If one has been dieting, there is a good chance they have lost weight. Unfortunately, large numbers of successful dieters quickly find the weight they loss and sometimes more. If they wish to maintain the weight they have lost without developing new bad habits they must satisfy the emotional hunger that causes women to overeat or eat incorrectly for fat & weight loss.

PR9.NET December 17, 2005 - To do this one needs to master two basic skills, says Molli & Tony Rathstone of <http://www.InlandEmpireBootCamp.com> – self-nurturing and setting effective limits. Self-nurturing is the ability to check our feelings and needs throughout the day in order to know and honor ourselves and better meet our needs. Setting effective limits is the skill of having reasonable expectations and following through with them.

Women who have mastered these two skills are far more likely to be healthy and happy. Learning them is not a quick fix and takes time. But, from the first moment women use them, they will begin to feel better and more confident. After these skills are used over and over again, they become integrated into our brains, and the changes are transformational, that is, we begin to feel as if we have a new life.

These are not new concepts. In fact, the essential elements of self-nurturing and setting limits date back to the days of the horse and buggy. The problem is that the current methods used to help women lose weight, don't involve these skills. They feel powerless and out of control. All that is completely unnecessary if you have a better or tool in your tool chest.

Using these two basic skills will create personal transformation. But, it requires time & patience to master the basic skills. Group Fitness programs & meetings, such as the "Stop Those Cravings Seminar", "Grocery Shopping Tour", "Fear Factor Night" & "The Board Of Confidence" programs provided by <http://www.InlandEmpireBootCamp.com> are key.

Women must ask themselves the following questions over and over – until they become automatic.

- * What's Important here?
- * How much do I need?
- * What is my realistic goal for this moment?
- * Are my expectations based upon facts or TV infomercial fantasy?
- * Is my thinking positive and powerful or do I have a case of "Stinkin Thinkin"?

It's extremely powerful to be at the grocery store, stuck in traffic or home alone with the refrigerator packed with food and know that all you have to do is reach into your tool chest and pull out one of your new found boot camp skills (such as EFT), and, in a matter of moments, you can move yourself into a different state of mind. Your compulsion to overeat will fade away. You'll stop the craving in its tracks. You'll still enjoy it. But, food becomes just fuel, not like a drug for a drug addict.

For More Information Contact: <Http://www.InlandEmpireBootCamp.com> for more insights into this topic. Direct line: (909) 556-9024
Email: Adventurebootcamp@yahoo.com Other helpful information regarding the this product or service can be found at:
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