

“An absolute must for anyone who wants to learn how to lose weight permanently. It is the first fat loss book I have read that I cannot fault or disagree with.”

—Liam Sartorius, fitness and weight loss coach,
owner of *EverythingZing.com*

“This book is information-packed! There are hundreds of books written on these topics, but this one brings it all together in one place in a logical format. I will recommend it to my patients.”

—Darrin Bang, D.C.

“An excellent book that is well written and evidence based. It will help dispel a lot of the myths that surround weight management.”

—Gary Mendoza, Ph.D., RNutr

“Definitely worth a read! This won't take long to read but will give you simple, easy-to-follow advice for life. I found this very useful advice for a healthy lifestyle.”

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—Wayne Westcott, Ph.D.,
Fitness Research Director, Quincy College

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The DIET DROPOUT'S
Guide to
Natural
Weight Loss

**How to Find
Your Easiest Path to Naturally Thin**

Stan Spencer, Ph.D.

FINE LIFE BOOKS

The Diet Dropout's Guide to Natural Weight Loss: How to Find Your Easiest Path to Naturally Thin

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Published by Fine Life Books, Riverside, California
finelifebooks.com

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ISBN 978-0-9835717-0-4 (paperback)

ISBN 978-0-9835717-1-1 (ebook)

Library of Congress Control Number: 2011928360

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The *cup* measurement used in the recipes is 240mL, the *tablespoon* is 15mL, and the *teaspoon* is 5mL. A *calorie*, as the term is used in common speech and in this book, is equal to a kilocalorie or Calorie [with a capital C], as those terms are used in scientific research. A Calorie is 4.2 kilojoules.

Contents

Acknowledgements	13
Introduction	15
1. Why the Weight?	17
A Less Active Lifestyle	17
The Fattening Food Environment	18
The Solution	20
2. Why Diets Fail	23
3. Emotional Eating (And How to Quit)	25
Focus on the Present	26
Relax Your Mind	27
Think Healthfully	32
Interact Socially	37
Do Something Productive	38
4. Beat Temptation (With Minimal Willpower)	41
Two Keys to Avoiding Temptations	41
Nine Ways to Calm Cravings	43
How to Keep a Slip from Becoming a Binge	51

Self Therapy for Cravings	51
5. How It Adds Up	55
The Simple Math of Weight Loss	55
Metabolism Made Easy	56
What Makes Your Metabolism Unique?	57
6. Eat Less (Without Going Hungry)	59
Eat More Natural Weight loss Foods	60
Eat a Solid Breakfast, Lunch, and Dinner	66
Eat Less Junk Food	67
Eat Junk Food Only with Meals	72
Eat Mindfully	73
Limit Restaurant Meals	74
Get Enough Sleep	75
Watch Less Television	76
7. Be Active (Without Wasting Time)	79
Turn Work and Play into Exercise	80
Get Away from the Screen	81
8. Boost Your Metabolism (Without Drugs)	83
9. Myths	87
10. Your Easiest Path (56 Ways to Weigh Less)	95
As Simple as 1, 2, 3	95
Naturally Thin Habits	97
Measuring Success	99
Appendix A. Simple Vegetable Recipes	101
Roasted Vegetables	102
Vegetables in Fried Eggs	102
Steamed Vegetables	103
Steamed Greens	103

Dipped Vegetables	104
Stir-Fried Vegetables	104
Mint and Honey Carrots	104
Fun Green Salads	105
Instant Tomato Soup	106
Garden Vegetable Soup	106
Baked Winter Squash	106
Appendix B. Simple Whole Grain Recipes	107
Seasoned Brown Basmati Rice	108
Brown Basmati Rice for Breakfast	108
Oatmeal	109
Fried Oatmeal	109
Light and Crunchy Granola	110
Hulled Millet	110
Bulgur	111
Appendix C. Simple Yogurt Recipes	113
Easy Home Made Yogurt	114
Greek Yogurt	115
Tzatziki (Cucumber Yogurt Sauce)	115
Low-Fat Yogurt Dip or Sauce	115
Low-Fat Yogurt Salad Dressing	116
Quick Light Salad Dressing	116
Yogurt Parfait	116
Yogurt Fruit Dip or Fruit Salad	116
Mango Lassi (Mango Yogurt Drink)	117
Yogurt Chicken Stroganoff	117
References	119
Index	131

Introduction

This is not a diet book. You can lose weight on almost any diet. But diets end, and when they do, the weight returns.

This book is about natural, permanent weight loss. Natural weight loss simply consists of changing the situations, habits, and thought patterns that have caused you to gain weight in the first place. If you make those changes permanent, your weight loss will be permanent also. That's it. You don't need supplements, specially formulated shakes, delivered meals, drugs, surgery, fancy exercise equipment, or any other weight loss product. You don't even need to track calories, follow detailed meal plans, or learn complex recipes. If your ancestors could be thin without following a special diet or buying the latest weight loss product, you can too.

Hundreds of scientific studies relevant to natural weight loss have been conducted over the past few years. This book takes the most useful information from those studies and presents it simply, cutting through diet hype and weight loss myths to provide scientifically supported facts and practical advice for lasting weight loss.

In the short time it will take you to read this book, you will learn thinking and lifestyle habits that will allow your body to naturally slim down. With this information, you will be able to create a personalized weight loss plan—your own easiest path to naturally

thin—in about five minutes. As you follow this path, you will gradually stop gaining weight and start losing it. And the best part is, because of the permanent lifestyle changes you are making, the weight won't come back!

Is this book a good match for you? It probably is if...

- you want to get to the root of the problem and address the real reasons for your weight gain, whether poor food choices, slow metabolism, emotional eating, out-of-control cravings, or lack of exercise;
- you want to lose weight *permanently*, even if it takes a while; and
- you appreciate books that are brief and to the point.

This book may not be a good match for you if...

- you are looking for a diet or exercise plan;
- your main goal is to lose weight quickly, even if the weight eventually comes back; or
- you prefer books written in a breezy, conversational style.

1

Why the Weight?

If this were the early 1960s instead of the 2010s, you might not need a weight loss book. Most people were thin then.

Not now. Even with all the dieting we do, more than two thirds of US adults are now overweight, and the rate of obesity has almost tripled since 1960.¹

The extra weight isn't natural, nor is it healthy. It not only affects our looks and physical abilities but also increases the risks of developing diabetes, heart disease, stroke, high blood pressure, gallbladder disease, osteoarthritis, sleep apnea, high cholesterol, complications of pregnancy, menstrual irregularities, and cancers of the uterus, breast, colon, and kidney.¹

So what is behind this weight gain epidemic?

A Less Active Lifestyle

Our bodies were designed for manual labor and long-distance walking. Many of us, in contrast, enjoy door-to-door motorized transportation to and from a desk job, followed by hours of television or other passive entertainment. Such a lifestyle not only burns few calories but can also encourage us to eat more than we would if kept busy by physical activities.

The Fattening Food Environment

Before processed foods became the norm, our ancestors filled their dinner plates with minimally processed vegetables, fruits, and whole grains. Meats were unprocessed and lean. These natural foods, combined with an active lifestyle, promoted a slim, healthy body.

In contrast to the healthy foods enjoyed by our ancestors, the foods on our grocery store shelves are often highly processed and have added fat and sugar. These processed foods are packed with calories, and so convenient and tempting that it's easy to eat too much of them.^{2,3} As a result, the average adult today eats more calories than in past decades. Most of these extra calories come from carbohydrates-rich foods such as sweets, soft drinks, potato products, pizza, bread, pasta, and white rice.^{4,5}

*The average adult today eats more calories
than in past decades.*

There are ten important aspects of our food environment that encourage us to eat too much.

Foods that Don't Satisfy

Food processing and the addition of sugars produce calorie-heavy, low-nutrient, low-fiber foods that digest quickly. These foods leave us with loads of calories, soon-empty stomachs, and cravings for more.

Highly Palatable Foods

Highly palatable is a term used by scientists for foods that taste so good that we are tempted to eat them even when our stomachs are full. Most of these are processed foods high in fat, sugar, or refined

flour. Such foods have become more abundant and affordable in recent decades, resulting in greater temptations to overeat. We often eat these foods not because we are hungry but for comfort or pleasure.

Highly palatable foods affect the parts of the brain that are responsible for drug addiction and cravings.⁶ The authors of a scientific study of the brain's response to highly palatable foods concluded that "overconsumption of palatable food triggers addiction-like...responses in brain reward circuits and drives the development of compulsive eating."⁷ In other words, junk food can be addictive.

Calorie-Heavy Foods

While the vegetables, fresh fruits, and whole grains our ancestors ate were high in nutrients and low in calories, the processed foods that fill our grocery store shelves are just the opposite—high in calories and low in nutrients. This means a typical meal of modern processed foods has more calories than we need, and often too few nutrients. Calorie-heavy foods are believed to be a major factor in the weight gain epidemic.⁸

Food that is Conspicuous and Convenient

There is inexpensive, ready-to-eat food almost everywhere we go. We have candy jars at work and cookie jars at home. We stock our refrigerators with soft drinks and our pantries with packaged snacks. Just seeing junk food can make us hungry, and food within easy reach is harder to resist than food that requires a little more effort to obtain.^{9,10} Eating too much has never been easier.

Large Portions

In the US, portion sizes of many foods have increased two- to five-fold since the 1970s.¹¹ We tend to keep eating until the portion in front of us is gone, no matter what its size. Similarly, we tend to eat more when eating a snack food directly out of a large package (such as a bag of potato chips) than when served individual portions.¹⁰

Passive Entertainment

Television, movies, and reading burn very few calories. They also encourage needless eating. If we eat during such entertainment, our distraction with the storyline can cause us to continue eating past the point at which we would normally be satisfied.¹⁰

Convenient Substitutes for Water

Sugar-sweetened and alcoholic beverages such as soft drinks, sports drinks, fruit drinks, juices, and beer are readily available in our homes and elsewhere. These drinks quickly add calories without lasting satisfaction. Their consumption is believed to be a major factor in the weight gain epidemic.^{2,12}

Deceptive Labels and Advertising

A picture of a slender athlete on a package of fresh fruit might make sense. The same picture on an “energy bar” consisting mostly of corn syrup and puffed rice does not. Advertisements often give inaccurate perceptions of the health benefits of foods they are promoting.

Unhealthy Snack Foods

Common snack foods tend to be higher in calories and lower in nutrients than the kinds of foods usually eaten with meals.¹² They are quick to add calories but slow to satisfy.

Restaurants

We eat out more now than in decades past.¹² Restaurant food tends to be higher in calories and served in larger portions than food cooked at home. As a result, one restaurant meal might have enough calories for an entire day.

The Solution

Think of fat as a collection of bad habits. Lose the fat-promoting habits, and you will lose the fat. Each time you give up one of these bad habits (all other things being equal), you will lose fat until you

body naturally settles at a lower weight. At that point you will need to give up another bad habit to lose more weight and keep it off.

Think of fat as a collection of bad habits.

Permanent weight loss requires permanent lifestyle changes.¹³ The information in this book will help you replace bad habits with good ones and make the lifestyle changes required for lasting weight loss. You will learn how small adjustments in your eating and exercise habits can result in a big difference in body fat over time, why many of the things you hear about gaining or losing weight are false, and why popular diets rarely produce permanent weight loss. You will also learn how to change your personal environment so it's no longer fattening, boost your metabolism without drugs or supplements, give your body the exercise it needs without wasting time, eat fewer calories without counting them or going hungry, and beat temptation with the willpower you already have.

Often, the hardest part of forming new habits is just getting started. Watch for the **QuickStart Tips** as you read through the book. They will prompt you to pause and take solid steps down the path to your naturally thin potential.

2

Why Diets Fail

Besides emptying your pocketbook, the main problem with most popular diets is that they give you an excuse to procrastinate the *permanent* changes in lifestyle and thinking that are required for lasting weight loss.¹

You can lose weight with any diet that restricts calories, and all you have to do to keep the weight off is stay on the diet. In reality, most diets are so unpleasant, inconvenient, boring, confusing, complex, or expensive that they are difficult to stick with for very long.² As you fall back into old habits, the weight returns. After slipping back to the same old weight two or three times, you start to believe that it must be your “natural” weight, and you quit trying altogether.

Most diets are difficult to stick with for very long.

A group of University of California researchers reviewed many scientific studies of the long-term effects of dieting. They found that most of the weight dieters lost was regained within four or five

years. In fact, in a majority of the appropriate studies they analyzed, a history of dieting appeared to lead to *more* weight gain, not less, over time. They concluded that dieters who manage to keep the weight off “are the rare exception rather than the rule” and that “there is little support for the notion that diets lead to lasting weight loss or health benefits.”³

Top health experts agree that lasting weight loss for most people is best accomplished by making permanent changes in eating habits and physical activity.⁴ Changing habits takes time, but without real lifestyle changes, any weight you lose will soon return.

3

Emotional Eating (And How to Quit)

When we eat highly palatable foods (foods high in fat, sugar, or refined flour), our brain's reward circuitry is activated, producing pleasure and desire.^{1,2} The pleasure and desire motivated our ancestors to load up on high-calorie foods in times of plenty in order to survive times of food scarcity. This is the same reward circuitry that is involved in drug addiction.^{3,4}

When we are surrounded by highly palatable foods, it's easy to overuse this reward circuitry. We use the natural highs that these foods give us to comfort ourselves when we are stressed, anxious, angry, bored, restless, sad, frustrated, afraid, or depressed. We often eat, not because we are hungry, but to regulate our emotions. This is called *self-medicating* or *emotional eating*. While using food for emotional comfort once in a while is not necessarily a bad thing, making a habit out of it is a recipe for continued weight gain.

Finding better ways to regulate your emotions can help you overcome a habit of emotional eating. In this chapter you will learn five ways to improve your emotional well being: *focusing on the present, mental relaxation, healthy thinking, social interaction, and doing something productive*.

Focus on the Present

Harvard psychology researchers did a study to find out what kinds of thoughts and activities make people happy. Over two thousand iPhone users participated in the study. The researchers created an iPhone app to prompt the participants at random times as they went about their daily lives.⁵ Each time they were prompted by the app, the participants were to report about what they were doing, thinking, and feeling. Participants who had been mentally focused on whatever they were doing or experiencing generally reported feeling happier than those whose minds had been wandering. Even daydreaming about pleasant topics was less often associated with happiness than was focusing on the present task or experience.

Whether you are at your job, doing housework, playing a sport, or taking a walk, focusing your mind on your present activity or experience can help elevate your mood.

As you focus on the present, try to keep an accepting, nonjudgemental attitude toward whatever you are experiencing at the moment. This is called *mindfulness*. Mindfulness has been taught in Eastern traditions for centuries, and is increasingly used in Western medicine and therapy for treatment of anxiety, depression, addictions, eating disorders, and stress-related conditions.⁶

You can practice present focus, or mindfulness, now by taking a moment to look around and notice the colors, sounds, and other details of your environment. As you become caught up in the present, you free your mind from the worries and unhealthy thought patterns that depress your mood. Here's how to make present focus part of your daily life:

- When you are actively engaged in a task, keep your mind on that task instead of letting your thoughts wander.
- When you are *not* actively engaged in a task, focus your thoughts on whatever you are experiencing or on your surroundings.

- The most difficult part of focusing on the present is just remembering to do it. You can use a card like the sample one at the end of the chapter as a reminder. Place it where you will see it often, and move it around every day or two so it doesn't fade into the background.

Relax Your Mind

When you are in a stressful situation, your body experiences a *stress response* or “fight or flight” response. Your heart rate and blood pressure increase, your air passages open up, and glucose pours into your blood stream. Blood vessels that feed your skin and digestive system constrict, sending extra blood to your muscles, heart, and brain. Your body and mind are prepared for action. You are on edge, ready to fight or flee.⁷

The stress response is a natural part of your makeup. It enables you to focus your physical and mental abilities in a sudden dangerous or challenging situation. The constant activation of the stress response, however, is not natural, and can cause various mental and physical problems.⁸

Your body also has a *relaxation response* that opposes the stress response. The relaxation response occurs naturally when your mind is at ease, but it can't occur when you are worrying, judging, or analyzing. You can deliberately produce the relaxation response by freeing your mind from these kinds of thoughts. One way to do this is by meditating. Activities such as sleeping, lounging around, and watching television are often less helpful because they may not free your mind from disturbing or arousing thoughts.

Regular activation of the relaxation response can reduce stress, anxiety, and depression, and promote healing from stress-related physical illnesses.^{8,9} Daily mental relaxation will increase your ability to tolerate the stressful events in your life as they occur, so you are less tempted to turn to food for comfort.⁸

There are several ways to activate the relaxation response. Three of the easiest and most powerful techniques are *sensory focus*, *basic*

meditation, and *repetitive physical exercise*. These all involve focusing your mind on something simple and non-arousing. This gives the intellectual and emotional functions of your brain a break, allowing the relaxation response to occur. Here's how to get started on a more relaxing lifestyle:

1. Read the rest of this section, then choose a mental relaxation technique (sensory focus, basic meditation, or repetitive physical exercise) and make it a daily habit.
2. The most difficult part of daily relaxation may be just remembering to do it. To make that easier, choose a set time each day for your relaxation session, such as after your morning shower or during an afternoon break.
3. To allow the relaxation response to fully engage, make your daily relaxation session last for at least twelve minutes.⁹ If you don't have time for a twelve-minute session, do at least a five-minute session so you don't get out of the habit.
4. Use one or more of these mental relaxation techniques to calm yourself any time you start to feel stressed or anxious throughout the day.

Sensory Focus

Sensory focus is a way of doing present focus (as discussed previously) in which you limit your focus to a physical sensation or perception.

You are practicing sensory focus when you are engrossed by the colors of a sunset, carried away by the sounds of ocean waves, enjoying the warmth of a bath, or listening to calming instrumental music simply to enjoy it, without analyzing or judging it. The object of your focus, however, doesn't need to be as spectacular as a sunset or ocean waves. Here are some simpler ways to do sensory focus:

- Close your eyes for a few minutes and listen to the sounds in your environment.

- Look around. Notice the colors and textures of the objects that surround you.
- Touch with your fingertips the various surfaces within your reach, noticing the texture and temperature of each. Slide your fingers along each surface and notice any changes in form or texture. You can do this as you sit in your parked car, touching the dashboard, steering wheel, seat upholstery, and door.
- Focus on the sensations or rhythm of your breathing.

As your sensory focus displaces thoughts of other things, you will begin to relax. Inevitably, however, your mind will wander and thoughts of other matters will intrude, especially as you are beginning. Instead of analyzing or trying to suppress these thoughts, simply think, “Oh well,” and return your attention to your sensory focus.⁹ Don’t worry about how well you are doing. The important thing is to just keep returning your attention to your sensory focus whenever your mind wanders.

Daily mental relaxation will increase your ability to tolerate the stressful events in your life as they occur.

Progressive muscle relaxation is another form of sensory focus. It consists of focusing on the feelings of tension and relaxation in your muscles as you flex and relax different muscle groups. Start by tensing the muscles in your toes and feet for a few seconds. Now let them relax, noticing the release of tension. Do the same with the muscles of your calves, thighs, abdomen, hands, arms, shoulders, neck, and face, tensing and then relaxing each set of muscles in turn.

Basic Meditation

Meditation is sustained mental focus on a thought or sensation. If your meditation is to be mentally relaxing, the thought or sensation should be neutral or positive. The relaxation response occurs naturally as your meditation clears your mind of the thoughts and worries that keep you in a stressed state.

Basic meditation is simply a particular way of doing sensory focus: it is usually done by focusing on your breathing while sitting in a quiet place with your eyes closed.

Before you begin basic meditation, it may be helpful to do a minute or two of progressive muscle relaxation. This will help you get physically comfortable. It will also help you break away from your current train of thought and transition into your meditation.

When you are comfortable, begin your meditation session by directing your attention to your breathing. Notice each breath as it enters and then leaves your body. Don't try to control your rate of breathing. It will become slower on its own as you relax. Whenever your mind wanders, think, "Oh well," and return your attention to your breathing.

*Meditation is sustained mental focus
on a thought or sensation.*

You can help yourself maintain focus during basic meditation by silently saying a positive or neutral focus word, such as *peace* or *one*, each time you breathe out. Draw the focus word out ("onnnnne") to match the length of the breath. A focus word is like a broom that sweeps intruding thoughts from your mind each time you repeat it.

Continue meditating for at least twelve minutes, then remain seated a little longer to enjoy the feeling of relaxation before you gradually transition into your next activity.

Take a moment now and then throughout the day to direct your attention to your breathing and recall the feeling of relaxation you experienced during your meditation session.

If you are finding it difficult to focus on your breathing during a meditation session, try focusing on tactile sensations instead. Place a hand on an article of your clothing and slowly move your fingers one at a time in rhythm with your breathing. As you move each finger, notice the texture of the fabric and repeat your focus word.

When first trying basic meditation, most people experience one of three outcomes: mental relaxation, sleepiness, or anxiety.

Mental relaxation is, of course, the desired outcome. Your ability to relax while meditating will improve with practice.

If you have trouble staying awake, try meditating at a different time, and certainly not just before bedtime. Sit up and keep your back straight. You want a position that is comfortable but not one that signals to your brain that you are preparing for sleep. Be patient. It may take struggling through several meditation sessions to get your brain out of the habit of entering sleep mode whenever you slow down and close your eyes.

Anxiety can result from the thoughts that intrude as you try to meditate: thoughts of things you forgot to do, things you wish you hadn't done, things you are afraid might happen. Every time such thoughts arise, simply return your focus to your breathing or other sensory anchor. This is your time to relax; thoughts of other things can wait.

Anxiety may also result from worrying about how well your meditation is going. Don't worry. Simply sitting down and going through the motions of meditation is beneficial, however frustrating it may be. You are probably producing some relaxation, even if it's not enough to notice. Every time you practice you'll get a little better at ignoring the distracting thoughts and staying focused.

Meditation-based therapy has been used successfully in the treatment of chronic pain, stress, anxiety, and depression.¹⁰ The effects of meditation on the brain are real and persist beyond the meditation session. In a 2010 study, researchers used magnetic

resonance imaging (MRI) to look at the brains of 26 people before and after participation in an eight-week meditation class.¹¹ Participants practiced meditation for about twenty minutes a day during the eight-week period. At the end of the class, participants reported that their stress levels had decreased substantially, and MRI images showed actual physical changes in an area of their brains associated with stress and anxiety.

Repetitive Physical Exercise

There is growing evidence that exercise is an effective treatment for both depression and anxiety, and that it can provide protection from the harmful consequences of stress^{12,13} The reasons for these benefits aren't entirely clear,¹⁴ but it's likely that they are partly due to the ability of exercise to activate the relaxation response.

Focusing your mind on any simple, repetitive movement or sensation can activate the relaxation response. With such a focus, exercise becomes meditation in motion.

While doing almost any exercise, you can focus your attention on the contractions of your muscles, the movements of your body, or the rhythm of your breathing. To help keep your mind free of distracting thoughts, repeat a focus word or phrase with each repetition or stroke of your exercise.

Work activities such as hoeing weeds, mowing a lawn, or vacuuming a floor can also provide the simple focus needed to activate the relaxation response. Physical activities that require intense concentration or bursts of energy, such as basketball and tennis, are not as effective.⁹

Forms of exercise that emphasize mindfulness, such as yoga, tai chi, and qigong, may be especially helpful. Taking a class in one of these techniques can also give you the benefit of group support.

Think Healthfully

Negative emotions such as sadness, disappointment, fear, anger, concern, and remorse are natural and can serve useful functions by

motivating us to take action. Often, however, we experience these emotions needlessly or excessively because of unhealthy thinking habits. When negative emotions are extreme or chronic, they are not helpful and can increase the temptation to self-medicate with food.

Thoughts influence emotions, and irrational thinking can lead to unhealthy emotional states. When something doesn't go your way, it's easy to fall into one of the following irrational thought patterns:

- *Demanding fairness or justice.* "That shouldn't have happened." "It wasn't fair." "Why me?" Life often isn't fair. Things often won't go your way, and people who wrong you will often go unpunished, no matter how much you seek for justice. Expecting life to always be fair is not only irrational, but also adds disappointment to the injustices you suffer.
- *Catastrophizing.* "It's awful that this happened." Bad things happen. Some bad things that happen are worse than others. When something unfortunate happens, focusing on how bad it is doesn't help your emotional state or your ability to handle the situation. It's better to think of a misfortune in terms of shades of gray rather than black or white. It could have been better, but it also could have been worse.
- *Hopelessness.* "I can't stand it." "I can't handle this." The truth is that you have been able to stand everything that has happened in your life so far. You are living proof of that.
- *Condemning or blaming.* "I'm so stupid." "What an idiot he is." Condemning or assigning blame to yourself or someone else usually doesn't fix anything. It neither changes the past nor improves the future. No matter who is to blame for an unfortunate situation, you are the one responsible for your own emotional reaction to it.

As you free yourself from these irrational thought patterns and practice a more rational, healthy way of thinking, your mental state will improve and you will be less controlled by emotions. There are three attitudes that can help you develop a habit of healthy thinking:

emotional independence, perspective, and acceptance.

Emotional Independence

Your emotions are not determined by what others think, say, or do. Your anger, chronic anxiety, and depression are not created by other people or even by your circumstances, but by how you *think* about those people or circumstances. You can find comfort and power in the realization that *no one can make you feel any emotion without your consent.*

Don't take the thoughtless behavior of others personally, even if you believe it was meant to be personal. What someone else does or says is more their problem than yours. You can take things seriously (i.e., learn from them) without taking them personally (i.e., allowing them to control how you feel about yourself).

Perspective

This attitude involves putting a negative situation in perspective and being grateful for what you have. A little change in perspective can make a big emotional difference.

When something "bad" happens to you, how bad is it really? Let's use an analogy of damage to your physical body. What is one of the worst things that could happen to your body? Losing all four limbs? Let's call that 100% bad. How about having both hands cut off? Maybe 50% bad. A disfiguring facial scar? Maybe 40%. Two broken legs and a crushed foot? Maybe 20%. A smashed finger? Maybe 2%. A stubbed toe? Probably less than 1%.

Now use this scale to rate any undesirable situation you find yourself in. What "percent bad" is it? Most undesirable things that happen in the course of a week will probably rate less than 1% bad. Compared with real tragedies, 1% isn't that bad, is it? You can certainly handle 1% bad. When something happens that is not your preference, ask yourself how bad it really is, and be happy that things are not worse.

Another way to quickly gain perspective is to stop and think about the good things in your life. Make a list of ten things you are

thankful for—relationships, freedoms, possessions, and opportunities—and keep it where you can refer to it when you are feeling down. See the sample card at the end of the chapter. Think of how easily you could lose some of those things, and how blessed you are that you have them. Choose to see the glass as half full rather than half empty.

Ask yourself if what you are stressing over will matter a year from now.

Acceptance

There are some things you can't change. The past is one thing that can't be changed, no matter how much you dwell on it. There are other things that could be changed but aren't worth the effort or cost. If you can't or choose not to change something, accept it as it is.

Nobody's perfect. If you refuse to accept imperfection in people, you will never be able to accept yourself or anyone else. Accept imperfection in yourself, others, and circumstances, even as you work to make positive changes. When you are feeling bad about yourself, repeat, "I accept myself, imperfect though I am, fully and completely." Accept other people in the same way.

Acceptance also means accepting your emotions. It's OK to be sad sometimes, or angry or lonely or frustrated or hungry. These emotions are part of what it means to be human. We aren't meant to be comfortable and content all of the time. When you feel unpleasant emotions, remind yourself that emotions change, and you will probably feel better soon.

When you handle a situation poorly, instead of dwelling on what you should have said or done, accept the current state of affairs as your new starting point. Try to make things better if you can, and rehearse what you will say or do next time you are in a similar situation.

Change Your Way of Thinking in Eight Hours or Less

The three-step routine below can help you kick your habit of irrational thinking and become a happier person in a single day.



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Stan would love to hear from you. You can drop him a note at DrStanSpencer@gmail.com or [Facebook.com/FatLossFacts](https://www.facebook.com/FatLossFacts) and tell him about your progress or setbacks, or ask a question. Visit his blog at FatLossScience.org.

[back cover text]

No hype. No fluff. This slim book is packed with myth-busting facts and practical advice. In the short time it will take you to read it..

YOU WILL LEARN

- About 10 environmental triggers of overeating, and how to beat them
- Why diets usually provide no long-term benefit
- Why “fat genes” can't keep you from losing weight
- The truth about common weight loss myths
- 2 keys to avoiding food temptations
- 9 ways to quickly calm cravings
- How to eat less without going hungry
- How to quit emotional eating
- How to keep a slip from becoming a binge
- How to boost your metabolism without drugs or supplements

YOU CAN THEN design in just 5 minutes a personalized plan to guide you along your own easiest path to a naturally slim body. Why not take your first steps along that path today?