

Table of Contents

ACKNOWLEDGEMENTS	7
INTRODUCTION.....	9
What You'll Need.....	11
What to Expect	12
THE RIPPLE EFFECT - How the World We Live In Impacts	
Our Health and Eating Habits.....	13
Fast-Paced and Ever-Changing	13
Obsession with Youth, Sex and Beauty.....	16
HOW TO RISE ABOVE THE CHAOS.....	19
“A” Principle #1: AMBITION	23
“A” Principle #2: ATTITUDE.....	35
1) Perfectionism	36
2) People Pleaser	40
<i>My New Attitude</i>	<i>43</i>
<i>What the New and Improved Roslyn Did</i>	<i>43</i>
3) All-or-Nothing Attitude.....	44
4) Guilt, Shame and Self-Loathing.....	47
5) Self-Reliance	50
6) Must Always be Liked and Admired	54
7) The Quick Fix	58
8) <i>“I deserve it”</i> Attitude	61
9) Forgiveness.....	64
10) Rescuer/Nurturer.....	65
“A” Principle #3: ATTAINABILITY.....	69
How I Used to Set Goals and Deadlines	69
1) Setting a Target Weight	70
2) Measuring Progress.....	72
<i>Body Fat Ranges Charts</i>	<i>73</i>
3) Setting Realistic Deadlines.....	74

“A” Principle #4: AWARENESS	79
Time to Wake Up	80
Developing Your Conscious Awareness of Food and Your Food Behaviour	83
Developing Your Awareness and Understanding of Food	84
Learning to Make Healthy Choices vs. Less Healthy Choices.....	84
About Healthy Choices vs. Less Healthy Choices.....	86
Understanding the Less Healthy Choices	87
Understanding Calories	88
Going to the Supermarket	89
How to Read Nutrition Labels	89
Interpreting the List of Ingredients	89
Interpreting the Nutrition Table	90
About Carbohydrates.....	96
<i>Managing Blood Sugar Levels</i>	96
<i>Good News</i>	98
<i>Small Changes You Can Make to Increase Your Fibre Intake</i>	98
About Fat	99
About Protein	100
About Water.....	101
About Alcohol.....	102
Gradual Change for Long-Term Results	103
The Problem	105
Get Proper Sleep and Relaxation	106
Incorporate More Fun and Laughter into Your Daily Life	108
Avoid Boredom by Finding Your Passion	109
Let's Give a Hand to Proper Serving Portions.....	110
How to Eat in a Balanced Way: Best Choices for Food Groups With Proper Single Serving Size and Suggested Daily Number of Servings.....	113
Example of a Possible Day Intake	116
The Power of Choice - Moving from Mindlessness to Mindfulness	120
Playing the FREEZE Game	122
Questions to WAKE UP and TAKE NOTICE.....	123
Keeping a Food Diary	129

“A” Principle #5: ACTIVITY	135
Physical Activity	135
Why Is Physical Activity So Important?	136
Getting Into an Exercise Routine	137
Desired Benefits	138
Overcoming Your Negative Exercise Beliefs.....	144
Making an Appointment with Yourself to Exercise.....	146
Let Go of Crippling Attitudes	152
Challenging the Need for Perfection.....	153
Challenging Your All-or-Nothing Thinking Style	153
Let Go of Guilt, Shame and Self-Loathing	154
Forget About the Quick Fix Solution	154
Start Slowly	167
Exercise Diary.....	171
Positive Mental, Emotional and Spiritual Activity	172
“A” Principle #6: ASSESSMENT	175
Tracking Form.....	178
“A” Principle #7: ACCOUNTABILITY	179
How to Create and Maintain Accountability	180
“A” Principle #8: APPRECIATION	183
Celebration of Successes.....	185
“A” Principle #9: ACCEPTANCE	189
Accepting Compliments from Others	190
Accepting the New “YOU”.....	190
Accepting Others	192
Accepting Attention	193
CONCLUSION	195
RECIPES	197
INFORMATION SOURCES	203
ABOUT THE AUTHOR	205