

The Fat Loss Habit

Available on Amazon: Paperback, Audible, & Kindle.

CHAPTER ONE: WHY HABITS ARE SO IMPORTANT.

“Men’s natures are alike; it is their habits that carry them far apart” **Confucius**

CHAPTER TWO: ESTABLISHING A SENSE OF URGENCY

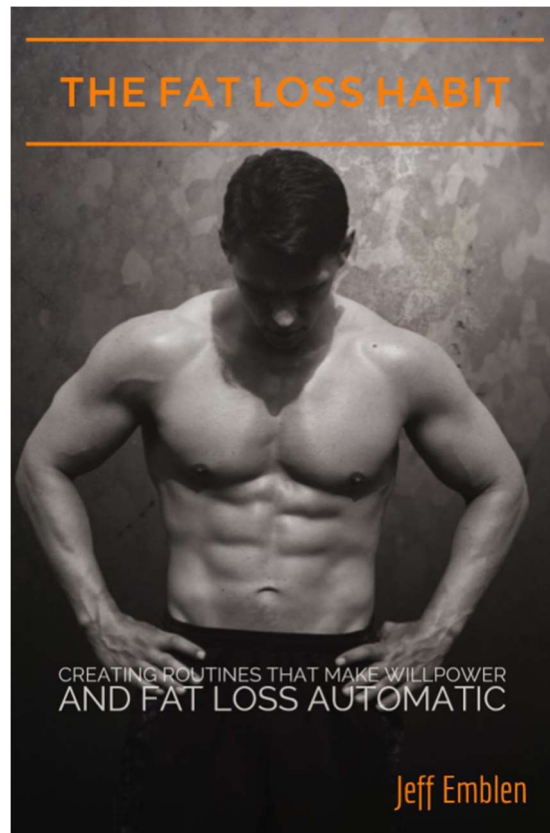
“Without a sense of urgency, desire loses its value.”
Jim Rohn

CHAPTER THREE: TWEAKING YOUR ENVIRONMENT TO FORM GOOD HABITS THAT SUPPORT FAT LOSS

“Be as careful of the books you read, as of the company you keep; for your habits and character will be as much influenced by the former as by the latter.” **Paxton Hood**

CHAPTER FOUR: FIND BRIGHT SPOTS – INSTEAD OF FOCUSING ON THE PROBLEM, COPY SUCCESSES

“Identify your problems but give your power and energy to solutions.” **Tony Robbins**



CHAPTER FIVE: CREATING HABITS AND LEARNING WILLPOWER

“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.” **Aristotle**

CHAPTER SIX: CREATING ACCOUNTABILITY & GENERATING SHORT-TERM WINS

“Accountability breeds response-ability.” **Stephen Covey**

CHAPTER SEVEN: CREATING A CALORIC DEFICIT MADE SIMPLE

“Your body keeps an accurate journal regardless of what you write down.” **Anonymous**

CHAPTER EIGHT:
MAINTAINING LEAN MUSCLE
MASS WHILE IN A CALORIC
DEFICIT

“Food is fuel, not therapy.” **Anonymous**

CHAPTER NINE: STRENGTH
TRAINING – IT IS HOW YOU
BUILD A LEANER STRONGER
BODY

*“The purpose of training is to tighten up the slack,
toughen the body, and polish the spirit.”*

Morihei Ueshiba

CHAPTER TEN: GET ENOUGH
SLEEP; IT WILL CHANGE YOUR
LIFE

*“Early to bed and early to rise makes a man healthy,
wealthy, and wise.”* **Benjamin Franklin**

CHAPTER ELEVEN:
CARDIOVASCULAR TRAINING –
ANOTHER WEAPON IN YOUR FAT
BURNING ARSENAL

*“The fight is won or lost far away from witnesses – behind
the lines, in the gym, and out there on the road, long
before I dance under those lights.”* **Muhammad Ali**

CHAPTER TWELVE: GETTING
STARTED - WHAT YOU WILL
NEED, IN ORDER OF
IMPORTANCE

“The secret of getting ahead is getting started.”
Mark Twain

CHAPTER FOURTEEN:
PROGRAM LOG & WORKOUT
GUIDELINES

*“The hardest thing about exercising is to start. Once
you’re exercising regularly, the hardest thing to do is stop.”*
Anonymous

CHAPTER FIFTEEN: I HAVE
FINISHED THE PROGRAM, NOW
WHAT?

*“Strength and growth come only through continuous effort
and struggle.”* **Napoleon Hill**

CHAPTER SIXTEEN:
CONCLUSION

*“Some people dream of success, while others wake up
and work hard at it.”* **Winston Churchill**