

## Discover the Ultimate Lifestyle Coaching Resource for Healthy Living

Explore *Lighter & Free from the Inside Out*

- ❑ Written by Bob Wilson, who maintains a 250-pound weight loss for over 37 years. The playbook provides a unique insider view for transforming the perils and complexity of lifestyle change to help clients achieve a healthier life and weight.
- ❑ The playbook and website are terrific lifestyle-coaching tools to use with clients when doing in-person or phone counseling: turn to a chapter or article for helpful topics, as well as for an after-visit summary.
- ❑ Key issues are investigated in each chapter. Client patterns are scrutinized for those who struggle with weight and living addiction-free.
- ❑ The playbook and Bob's website promote self-management using the Stages of Change model through use of a Daily Personal Check-In and extensive self-evaluation.
- ❑ Common overwhelming life circumstances, that make achieving a healthier weight and life seem impossible, are discussed and solutions explored.
- ❑ A comprehensive resource summary saves you many hours of searching for effective resources! Extensive ideas are also found in [www.balancedweightmanagement.com](http://www.balancedweightmanagement.com).

### Key message for the playbook for each person:

Through mindful and self-nurturing living you feast on a diet of holistic self-care!

### Plant the Garden of Your Life with Seeds of Well-Being



Reap Your Harvest of Health and Friskiness!

**In the playbook, each person will get to the root of their life imbalance and weight problem by identifying thoughts, feelings, and lifestyle patterns that have an affect on their eating and activity choices. Each person will learn new skills that allow them to:**

- See their lives as a whole and develop wisdom and discernment about their moment-to-moment choices. They will come to understand how each of their daily choices affect their body, mind, and spirit—how everything is interconnected. People will learn to see their lives as an *ecosystem*.
- Learn to become a more compassionate and loving friend to themselves.
- Practice eating for health, vitality, *and* pleasure. Yum!
- Learn to savor the joys of an active lifestyle as they improve their inner friskiness!
- Appreciate and care for their bodies with the daily choices they make.
- Identify personal needs and discover how to meet these needs.
- Improve overall self-care—to figure out what they need to be a healthy, happy camper!
- Set realistic expectations as they learn how to be their own lifestyle self-manager.
- Explore the emotional aspects of their food and lifestyle choices.
- Create a more fulfilling life.
- Learn how to take the long-term view as they gain perspective that life is a *journey*, not a race!

**The primary goal is to empower each person to become a loving caregiver to their body, mind, and spirit—in effect, to learn how to nurture themselves *from the inside out*.**