

GETTING TO THE HEART OF THE PLATTER



**And Give You Something Else to Chew On
So Pounds Come Off For Good!**

Women's Edition

Cynthia Magg

Getting To The Heart Of The Platter

30 Words To Weigh Less

And Give You Something Else To Chew On
So Pounds Come Off For Good!

by Cynthia Magg

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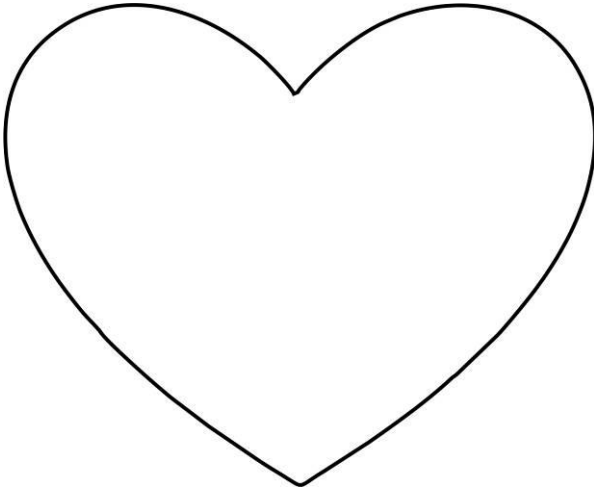
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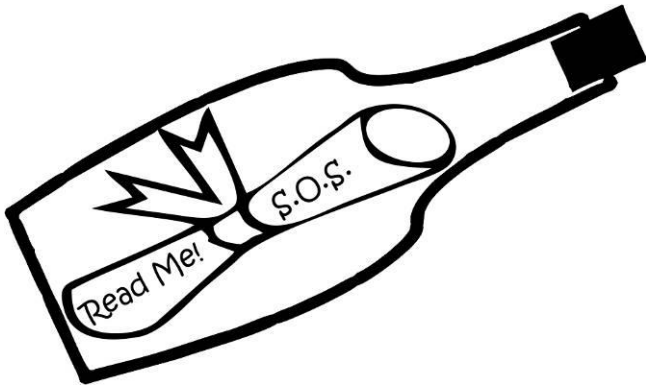
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S.O.S.

A message for you from your inner child



Hello You,

Should you choose to go on a **diet**, you will face every “**why bother**” excuse possible. You then reflect on your self-**worth** and vow to **succeed** this time and not **fail** again. Yet, you can't seem to shake the **pain** and despair that washes over you as you wonder if depriving yourself for the rest of your life is worth it to be one of the **thin people**. You **control** and swallow an urge to scream and stuff down the **anger** that arises every time you think about dieting.

Overwhelmed by the mere thought of one more letdown in your life and starving for just a little **attention**, you may be wishing someone would unconditionally **support** you in the ways you want and need. When you choose to diet, you could really benefit from some **acceptance** and a little TLC (Tender Loving Care), especially from your **family**. Yet creating healthier **boundaries** with them, other people, or with food often seems as **hopeless** as reaching your weight loss goals. Feeling **depressed** and **frustrated** just makes you feel more **stuck** (usually before your diet's even begun).

Sweetness, as far as you can remember, only comes in wrapped packages. And the **easiness** and speed at which you can indulge in your beloved favorite foods when unwanted emotions get triggered concerns you since you can devour and gorge weigh beyond **fullness**. You **love** the **enjoyment** these pleasurable foods bring, yet not the effect they have on your expanding waistline. And if the thought of **letting go** of them once again is agonizing, how are you to make it through your stress-filled days or be able to handle anxiety-rich **social eating** scenarios if you won't be able to **treat** yourself? To boot, you may already feel heavy with **guilt**, worrying that you might cheat on your diet. If you stopped putting **others first**, then you could devote more time to your health and well-being which would help resolve your weight issues sooner. 😊

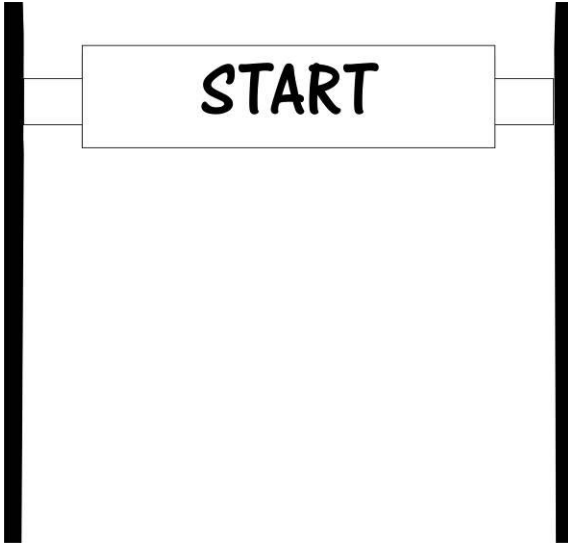
With love,
Your Inner Child

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Welcome

To the Women's Edition of
Getting To The Heart Of The Platter!



A few things to help make Your Weight Loss Journey easier for you:

- Read a chapter a day. (Or, go at your own pace).
A chapter a day can help you to safely shed unwanted pounds more easily. Yet, as there is a lot to chew on in each chapter, give yourself the time you need to digest it. You get to choose the speed at which you want to devour this book.
- Trust your inner guidance.
This journey is not about you powering through to the finish line. Instead, it's about giving yourself permission to reconnect with and listen to your intuition—which you often did as a young girl.
- Use your imagination creatively.
Take the time at the end of each chapter to do the exercises in the journal section because these are the tools that will accelerate your results. When doing the exercises, write down what first comes to mind; and if nothing comes to mind, allow your inner child to use her imagination creatively.
- Check out the resources.
In the appendices, you'll find a sample list of both positive and negative feelings that you can refer to when doing the exercises in chapters 2 (Diet) and 19 (Frustrated), pages 213 and 215 respectively. Plus, you'll also find information about using our online support to accompany you on your weight loss journey on page 217.
- Be gentle with yourself.
Your relationship with food is sacred to you. Food provides nourishment, comfort, stress-relief, enjoyment, and celebration—just to name a few. Food has fed your amazing body, yet it cannot feed your amazing soul. Having chosen to read this book, you know that part of you is ready to discover and examine what you may truly be starving for.

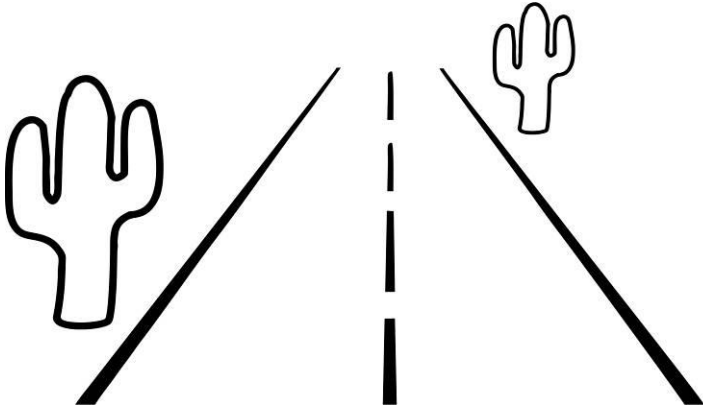
When you start on your journey to shift and rebalance your relationship with food, you naturally give yourself permission to get your dream body back and to maintain it with ease. ☺

Blessings to you as you embark on your journey!

1

SHOULD

My Way Or The Highway



As we grow up, we are all made to travel a never-ending road of rules, restrictions, and conditions—SHOULD—that can make us feel obligated, constrained, and deprived.

Some of these SHOULDs are common sense, like looking both ways before crossing the street or obeying traffic signs. However, most of the SHOULDs that run through our minds have been imposed by others and, let's face it, no one likes to be told what to do.

Yet since early childhood, other people (parents, other family members, teachers, authority figures, bosses, friends, spouses, significant others) have been doing just that—telling you what you SHOULD or SHOULDN'T do.

Many of those people mean well and believe that they know better or what is truly best. Yet, they may also be trying to get their own wants and needs met through telling you what to do. And failure to stay within the yellow lines of their 'My Way or the Highway' behavior control can lead you to a life of frustration and self-defeat.

For example, feeling conflicted between doing what you SHOULD versus doing what you WANT can lead you to rebel and sabotage your own efforts to succeed. This can be true especially when it comes to dieting and losing weight.

For many people, childhood mealtimes were a fertile ground for a lot of SHOULDs that were dished out and tied to the power struggles they had with adults. Though most food experiences and mealtimes are remembered with love, attention, nurturing, and nutrition, many are linked with punishment, deprivation, and shame. You may have been forced to do and to eat a lot of things you didn't want to; and any attempts to rebel against the hand that fed you may have led to a variety of punishments, including being starved.

To say the least, many people do not know how to identify, let alone evolve the conflicting feelings, emotions, and memories they have towards food—all of which further stalls their weight loss efforts.

Until now.

This Weight Loss Discovery Journey will be a powerful aid for you to identify and examine the things you think you SHOULD do related to dieting, weight loss, and food in general. This will allow you to begin to shift and rebalance the power struggles you experienced in

childhood and which you may now be experiencing as an adult. It will also allow you to finally give your inner child the freedom to choose her own path, even if that path is currently unknown.

Your Weight Loss Discovery Journey begins now!

Your Weight Loss Discovery Journal: SHOULD

For the following journal opportunities, write down what first comes to mind. And if nothing comes to mind, allow your inner child to use her imagination creatively.

1. Write down everything you've been told you SHOULD or SHOULDN'T do to lose weight.

EXAMPLE: To lose weight, I SHOULD/SHOULDN'T...

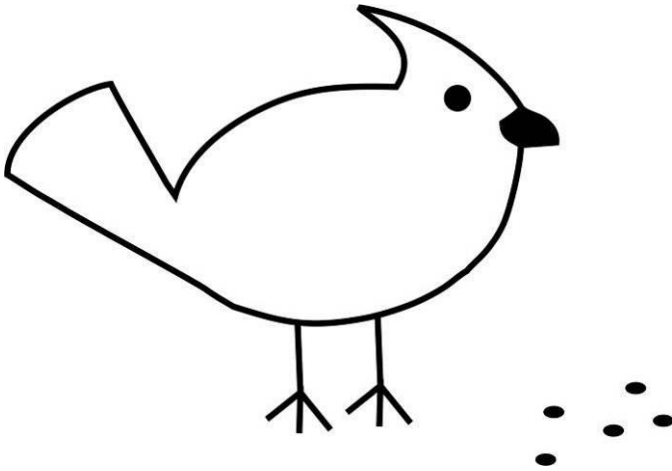
2. Write down everything you WANT to be able to do while you are losing weight.

EXAMPLE: While losing weight, I WANT to honor, nourish, and take care of myself by...

2

DIET

Eat Like A Bird



When you think about a new diet or even just watching what you eat, many memories will probably flood your mind of all the diets you've ever been on that didn't work.

These memories may still be haunting and taunting you.

Suddenly making any kind of dietary change may feel more like being stuck on a **D**essertless **I**sland **E**ating **T**wigs and other vegetation, all of which sounds about as appealing as eating like a bird.

You may have also experienced diets that are not much fun, that are a lot of hard work, and that are full of emotional pain such as:

Deprivation
Isolation
Exhaustion
Tension
Struggle

Every diet on the planet requires you to muster up your willpower, to be hyper-vigilant around food, and to rigidly follow all of the rules of the plan in order to achieve the results that are promised.

On a diet, you'll:

- Do things you don't really want to do
- Give up things you like
- Eat things you don't like
- Adhere to someone else's way of eating
- Never experience the fulfillment of discovering healthy eating your way.

Adhering to the restrictions of a diet without being on a Weight Loss Discovery Journey will almost guarantee your inner child will immediately surface with the shout, "You CAN'T make me!" And once your inner child feels discounted or ignored, she may very well sabotage your efforts to lose weight in a variety of ways. With so much weighing against your good intentions, you may find yourself wondering, "What **D**oes **I**t **E**ver **T**ake to lose weight and keep the pounds off for good?"

If only losing weight were as simple as some people make it sound:

DIET = Eat Less + Exercise More = Less Calories In + More Calories Burned = Weigh Less

You may give that old weight loss formula a go for a while and when it doesn't work you may give the newest diet math a try and count calories, add up points, select from a rainbow of colors, or measure out serving sizes.

And there you are, going from one diet to the next, always hoping to find the right formula. Yet no matter how diet math adds up, the weight may not budge or budge quickly enough.

And if you've read this far, you are becoming aware that other factors weigh in that cannot be measured on the scale. These factors are the biggest reasons why the diet math does not always compute and why following one diet after another may be a heck of a lot easier than taking a deeper look at all of the other weighty issues that you carry around within you.

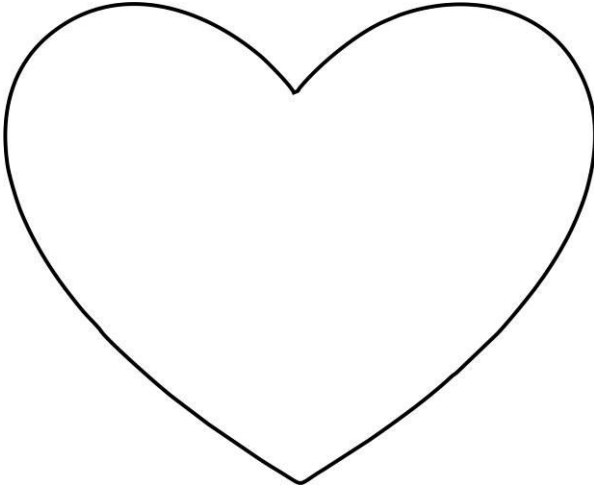
The only thing known for sure about adhering to the diet math is that it still means having to sacrifice beloved favorite foods that comfort, soothe, and provide enjoyment.

This equates to:

D **D**isappointments
I = **I**'ll
E **E**xperience
T **T**oday

Take a moment now to reflect on what 'dieting' requires you to give up.

This type of reflection can make it easier to avoid triggering your inner child and sabotaging your weight loss efforts, so that whether you choose to diet or not, you will be able to tune into the knowledge of your inner self. To discover what needs to happen for you to lose weight, it's necessary for you to awaken and listen to the parts of yourself that may be hidden and hurting. This in turn can help you to align your heart with your weight loss goals and help to reveal a healthier and more slender version of you that lies just beneath the surface.



Your Weight Loss Discovery Journal: DIET

For the following journal opportunities, write down what first comes to mind. And if nothing comes to mind, allow your inner child to use her imagination creatively.

1. Write down the foods, beverages, and other things that you like that you will have to restrict or give up when you go on a diet.

EXAMPLE: I don't like diets because I will have to restrict or give up the following foods, beverages, or other things...

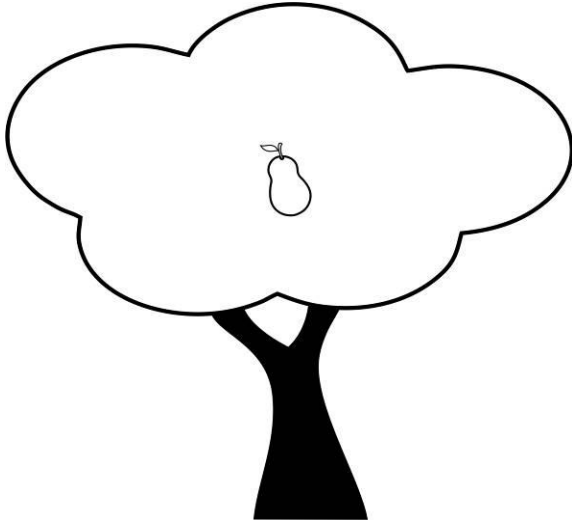
2. Write down how you WANT to feel in your body while you are trying to lose weight.

EXAMPLE: While losing weight, I WANT to feel...

3

WHY BOTHER

Will It Bear Fruit?



On days when you feel frustrated and fed up, a 'Why Bother' frame of mind begins to sprout. It then takes root to hamper your growth, especially when you are trying something new. Doubts fuel underlying skepticism. Resistance makes you question your efforts. And loss of faith sabotages your ability to believe that Your Weight Loss Discovery Journey will ever bear fruit.

When 'Why Bother' thoughts start growing, your mind will inevitably sow variations of 'It'll never work for me':

- It's never worked before
- I've tried so many times
- It'll take too long
- It costs too much money
- Nothing really changes
- I'll never be able to learn to do it anyway
- That's just the way I am
- That's just the way it is
- I'll just have to live with it.

You may try to convince yourself that these are valid reasons not to make the effort. Why go through all the trouble? Why take the pain? Why put yourself out? Why keep at it? Why not just stick with what you already know? Sure it feels safe, yet it has never given you what you want.

These 'Why Bother' thoughts may be further complicated by the fact that someone else may have told you that you SHOULD do this/try this/read this/buy that. And some part of you may give up on Your Weight Loss Discovery Journey just because someone else told you to do it.

'Why bother' is a subtle form of resistance. And like almost all forms of resistance, some part of yourself is trying to protect you from any potential pain or disappointment you may experience on your journey to your goals.

Identifying how this 'Why Bother' frame of mind may be controlling and limiting your efforts to succeed at losing weight can help you let go of this kind of resistance.

After all, what else have you got to lose?

Your Weight Loss Discovery Journal: WHY BOTHER

For the following journal opportunities, write down what first comes to mind. And if nothing comes to mind, allow your inner child to use her imagination creatively.

1. Take a moment to think about everything that you've tried in the past to lose weight that didn't work: diets, products, gadgets, equipment, gear, foods, beverages, supplements, pills, books, DVDs, coaching, etc.

Then, write down any skeptical or resistant thoughts that come to mind when you think about doing something new to lose weight.

EXAMPLE: I have the following skeptical or resistant thoughts about trying something new:

2. Write down what you hope a new approach will do for you.

EXAMPLE: By trying something new, I WANT it to...

To read the entire book, [click here](#).

To listen to the book, [click here](#).