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Marilyn Williams
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Self-Esteem

Many people, particularly those who are overweight or obese, tend to have a low self-esteem.

These people feel that others look at them and see them as ugly and unlovable.

Of-course, this is not the case at all!

But try telling that to the person carrying extra weight!

Weight loss is more about changing your shape than actually 'losing weight'.

Hey, you just want to be able to fit snugly into your clothing... and look good!

I am fat
All my friends are skinnier than me.
No matter how many times they tell
me I'm not,
No matter how many times you tell
me I'm not,
No matter how many times I tell
myself I'm not,
I will always think I am

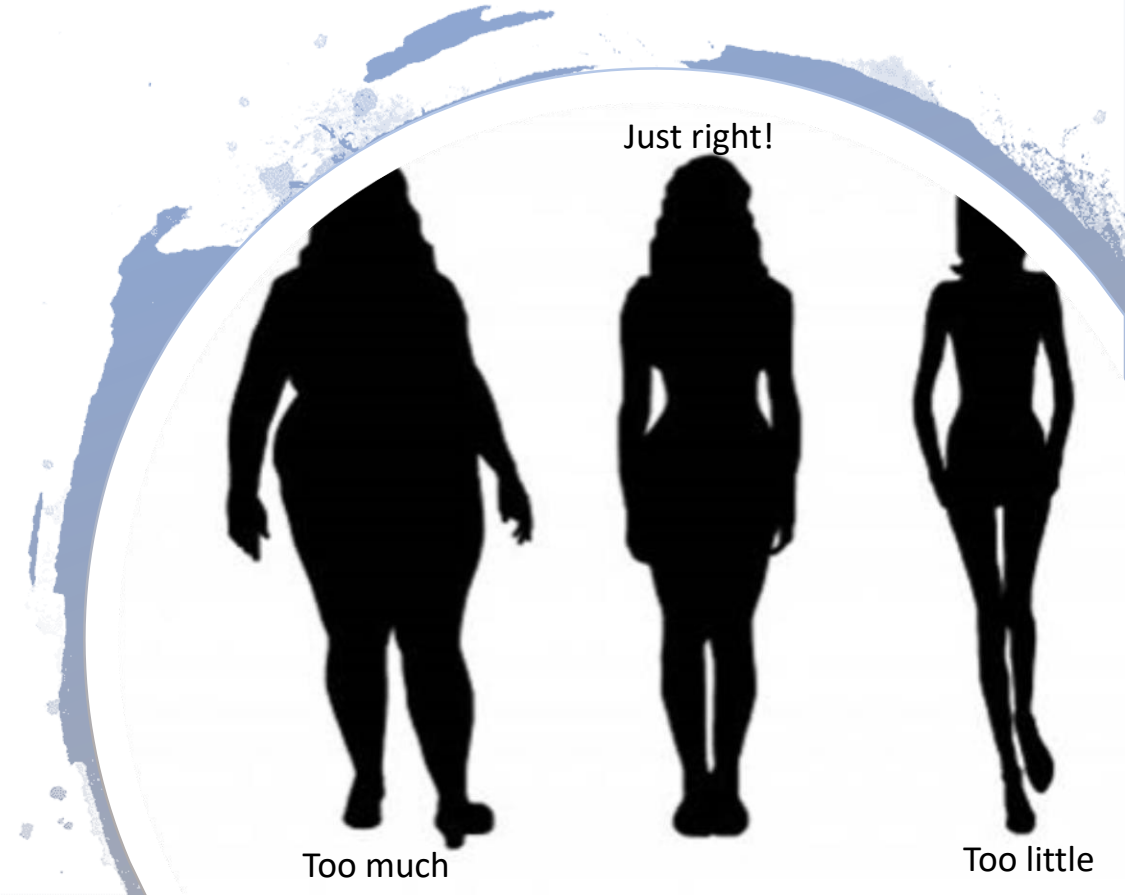
If this is you, we need to begin changing your perception of yourself... ASAP!

Self-Esteem

It's time to change the mental image of yourself.

Whether you are obese or too skinny, the time has come to do something about it.

People love you as you are, but for your health's sake, you need to change it.



Print off an image of a 'body' that is just the way you would like to look. Please be realistic!

You can do this online or cut-out from a magazine.

Remove the 'head' and add your own head instead.

Place the new image on the front of your fridge so you can see it daily. This will help you change your perception of yourself.



Self-Esteem Image

believe in
yourself

You Can Do It!