

Published based on [Effective Weight Loss - Start With Positive Mindset](#)

# **Effective Weight Loss - Start With Positive Mindset**

Remarkably, I have never had the problems with my weight. I was grown up in a middle family and no one has ever had the weight problems. Probably, we have to be grateful to our mum for three big meals during the day in a family circle and for the lunches among the children, as our parents were at work. However, the most memorable pictures from my childhood are the mornings and evenings sitting all together at the table discussing the burning issues and eating mother's tasty food. Interestingly, our in-between meals consisted of fruit. Of course, we ate sweets, mostly on Saturdays because our parents gave us pocket money and we spend them at the local store on different sweet things.

My father was very tall and skinny while my mother was petite. Frankly speaking, we belonged to the gangs of children that in those times they could call active. We swam, played, jumped and rode our bicycles. That is how the days before the Internet and Television era looked like. We could definitely call ourselves the "kids of the street". This statement directly points out that I am old. Yes, you are right, I am 55, the age when the metabolism usually slows down, but the appetite stays the same. Recently, I put on weight, around 6 kilos. It turned out that it is a big challenge for me, as I feel uncomfortable moving and feel like being pregnant. When I sit down and my belly is forward, I feel like I am fat obese ball. The most unpleasant state I have ever experienced.

Once I woke up and understood that it was enough. Firstly I started listening to the Laws of Attraction records. This was the stage of feeling confident and proud. I was sure that it is the beginning stage for everything, as psychology is the basis for big business. Usually, people of my age stop caring of their appearance and eat everything they see. Besides, they do not care how they look like and whether they gained few pounds or not.

Admittedly, good mindset is the key to success because it is impossible to reach results when they cannot spend a single day without thinking about how fat and obese they are. Firstly, you have to think positively and then you must create a diet plan full of healthy balanced meals. You are recommended to eat three meals during a day. However, you have to make sure that they are balance and healthy enough to make you a good turn. In case you cannot do it on your own, you are free to visit a nutritionist who will definitely help you. Additionally, this diet should be for your family, as it is much easier to lose weight together. Remember to accept the good in your life.

Discover why you might be failing to at [weight loss](#) in the past. It's possible to [lose weight fast](#) - but only in case you understand the true reasons for how to [lose weight fast](#) topic.

Right now we are living in the world where info makes life easier.

That is why if you are properly armed with the info in your topic you can rest assured that you will always find the way out from any bad situation. So, please make sure to track this site on a regular basis or - best of all - sign up to its RSS feed. Thus you will have a direct shortcut to the latest informational updates here. Blogs can be helpful, you just need to understand how to use them.

You can also find this article published on [Effective Weight Loss - Start With Positive Mindset](#), and on the tag pages [diet](#), [weight loss](#).