



# Lighter & Free from the Inside Out

By Bob Wilson BS DTR

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**Discover how to become your own mindful and compassionate lifestyle self manager** as you cultivate 12 essential skills that create life long well being, a healthy weight, and a more vibrant friskiness. In Bob Wilson's artful and heartfelt playbook, you'll discover how you can create healthy, enjoyable, and sustainable changes in your life. You will come to understand how each of your daily choices affects your body, mind, and spirit, and how everything is interconnected. We'll explore the process of making lasting changes in areas that matter most for you. You'll learn lots about yourself, discover ways to get back on track when you fall back to old habits, and learn how to keep motivated to achieve your dreams. **Become your own lifestyle coach as you learn 12 essential skills:** The 12 Essential Skills of Lighter & Free from the Inside Out: 1. Beginning Your Journey: Becoming Aware of the Big Picture 2. Cultivating Balance in Your Life 3. Becoming Your Own Lifestyle Self Manager 4. Discovering the Power of FUN: Celebrating Enjoyable Ways to Be Active for Life! 5. Cultivating a Sustainable, Healthful Plan of Eating 6. Planning and Preparing Delicious Recipes, Meals, and Snacks in a Hectic World 7. Eating with Awareness and Pleasure 8. Transforming Emotional Eating 9. Self-esteem and Self-nurturing: Developing an Unconditional Friendship with Yourself 10. Seeking Support, Counseling, and Outside Resources for Your Journey 11. Cultivating Daily Quiet and Personal Introspection Time 12. Maintenance: Learning How to Cultivate Lifelong Well Being

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## Lighter & Free from the Inside Out By Bob Wilson BS DTR Bibliography

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## Editorial Review

### Review

**If you want permanent weight loss and are ready to do some work, this manual is for you.** There is a mother lode of information here for cultivating physical, mental, emotional, and spiritual health. This is a remarkably comprehensive body of work. Thank you Bob Wilson for putting it all together in one place --Dr. Phil Shapiro, Psychiatrist and Author of *Healing Power: Ten Steps to Pain Management and Spiritual Evolution* --Dr. Phil Shapiro, Psychiatrist and Author of *Healing Power: Ten Steps to Pain Management and Spiritual Evolution*

Bob has been there and understands: 1. how one gets stuck, 2. what that feels like, 3. how to get unstuck, 4. what the obstacles & barriers will be, and 5. how to overcome them. --Client and reviewer Doug G.

When I finished this book I wondered how I could do it justice in one small book review. The Wilson book quite honestly deals with how we may improve all aspects of our lives from the inside out. As the colorful and happy-looking cover states, it is a playbook for life. One receives the impression, from the cover, of a positive and fun book, and that is what it is. Some of the self-help skills include diet, attitude, creating balance, self-management, relationships with yourself and others, introspection, getting support and how to have fun! Wilson's book is full of cute pictures, interactive charts, helpful tips and other websites we can visit for help. Get this...it even includes recipes and meal planning charts! This is truly a manual for taking care of our bodies, our spirits and our emotions. It is written compassionately and the love of the author for mankind shines through. I love the little quotes and anecdotes included throughout. This book really made me smile. If you know someone who is struggling with self-image, weight problems and lacking overall motivation, I would say pick up an additional copy for a gift. If you are tired of self-help books, I would encourage you to try again, because this one gives practical ideas for improving our lives. It is fun to read and very uplifting, while dealing with serious issues with which we all struggle. The author has a website [Balanced Weight Management.com](http://BalancedWeightManagement.com) --Patti Brown book editor for *Gift From Within*

When I finished this book I wondered how I could do it justice in one small book review. The Wilson book quite honestly deals with how we may improve all aspects of our lives from the inside out. As the colorful and happy-looking cover states, it is a playbook for life. One receives the impression, from the cover, of a positive and fun book, and that is what it is. Some of the self-help skills include diet, attitude, creating balance, self-management, relationships with yourself and others, introspection, getting support and how to have fun! Wilson's book is full of cute pictures, interactive charts, helpful tips and other websites we can visit for help. Get this...it even includes recipes and meal planning charts! This is truly a manual for taking care of our bodies, our spirits and our emotions. It is written compassionately and the love of the author for mankind shines through. I love the little quotes and anecdotes included throughout. This book really made me smile. If you know someone who is struggling with self-image, weight problems and lacking overall motivation, I would say pick up an additional copy for a gift. If you are tired of self-help books, I would encourage you to try again, because this one gives practical ideas for improving our lives. It is fun to read and very uplifting, while dealing with serious issues with which we all struggle. The author has a website [Balanced Weight Management.com](http://BalancedWeightManagement.com) --Patti Brown book editor for *Gift From Within*

**If you want permanent weight loss and are ready to do some work, this manual is for you.** There is a mother lode of information here for cultivating physical, mental, emotional, and spiritual health. This is a remarkably comprehensive body of work. Thank you Bob Wilson for putting it all together in one place --Dr. Phil Shapiro, Psychiatrist and Author of *Healing Power: Ten Steps to Pain Management and Spiritual*

Evolution --Dr. Phil Shapiro, Psychiatrist and Author of Healing Power: Ten Steps to Pain Management and Spiritual Evolution

About the Author

**Discover skill power, not will power!** Someone who has been there wrote this playbook. I have kept off about 250 pounds for over 35 years (I weighed 400 pounds in the 8th eighth grade!), and I have been in recovery from alcohol and drugs for 21 years. My lifestyle behaviors were out of control and unhealthy. I didn't know what to do. I was stuck. How did I make lasting changes? I found that success at losing weight and keeping it off required learning a series of new skills. I am also a Registered Dietetic Technician who has been in the field of Health Education for over 25 years and has taught non-dieting healthy living classes in Portland, Oregon for 19 years. This playbook and the website (Balanced Weight Management.com) share in a clear and simple way my journey of transforming the root causes of my overweight, and they suggest that each person can look into themselves and unravel their underlying patterns and sculpt new beginnings. People who have struggled with weight relate easily to my journey because it is their own story. Every part of the playbook nurtures hope that we all can transform intense self-destruction into loving self care. Discover Bob's overflowing wellspring of wellness based on his personal story of releasing about 250 pounds over 35 years ago and being drug and alcohol free for over 21 years. Bob has helped thousands of people discover and use their own inner wisdom to find lasting solutions for their life challenges.

## Users Review

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**Richard Sims:**

Here thing why this particular Lighter & Free from the Inside Out are different and dependable to be yours. First of all examining a book is good nevertheless it depends in the content of computer which is the content is as delightful as food or not. Lighter & Free from the Inside Out giving you information deeper including different ways, you can find any guide out there but there is no e-book that similar with Lighter & Free from the Inside Out. It gives you thrill examining journey, its open up your own personal eyes about the thing that happened in the world which is maybe can be happened around you. You can actually bring everywhere like in park, café, or even in your means home by train. When you are having difficulties in bringing the printed book maybe the form of Lighter & Free from the Inside Out in e-book can be your substitute.

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