



This is the book for people who have failed countless times but are committed to succeeding at achieving and maintaining a healthy lifestyle and a healthy weight!

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.

Become Your Own Lifestyle Coach As You Learn Twelve Essential Skills

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.

Explore visions of health and transform them into realities.
You make the difference!

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.

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

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 20 years. Bob has helped thousands of people discover and use their own inner wisdom to find lasting solutions for their life challenges.

What Bob's clients say:

"Bob taught me the many aspects of one's life that can contribute to being overweight: stress, boredom, anger, anxiety, lack of fun in my life, self-image problems, and much more. Managing my *life* leads me to be successful in managing my *weight*!" —Cheryl R.

"Bob changed my head, heart, and body in such a wonderful way. He helped me overcome a fear of change and taught me to *embrace* it!" —Claire V.

Bob helped me figure out, one day at a time, how to get what I need for myself and what will work best for *me*." —Ron S.

To order visit: www.balancedweightmanagement.com or email Bob Wilson at lighterandfree@gmail.com

U.S. \$28.50



Lighter & Free from the Inside Out
Bob Wilson, BS, DTR

Lighter & Free from the Inside Out A Playbook



Plant the garden of your life with
seeds of well-being.
Become fit and frisky from within!

by
Bob Wilson, BS, DTR

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