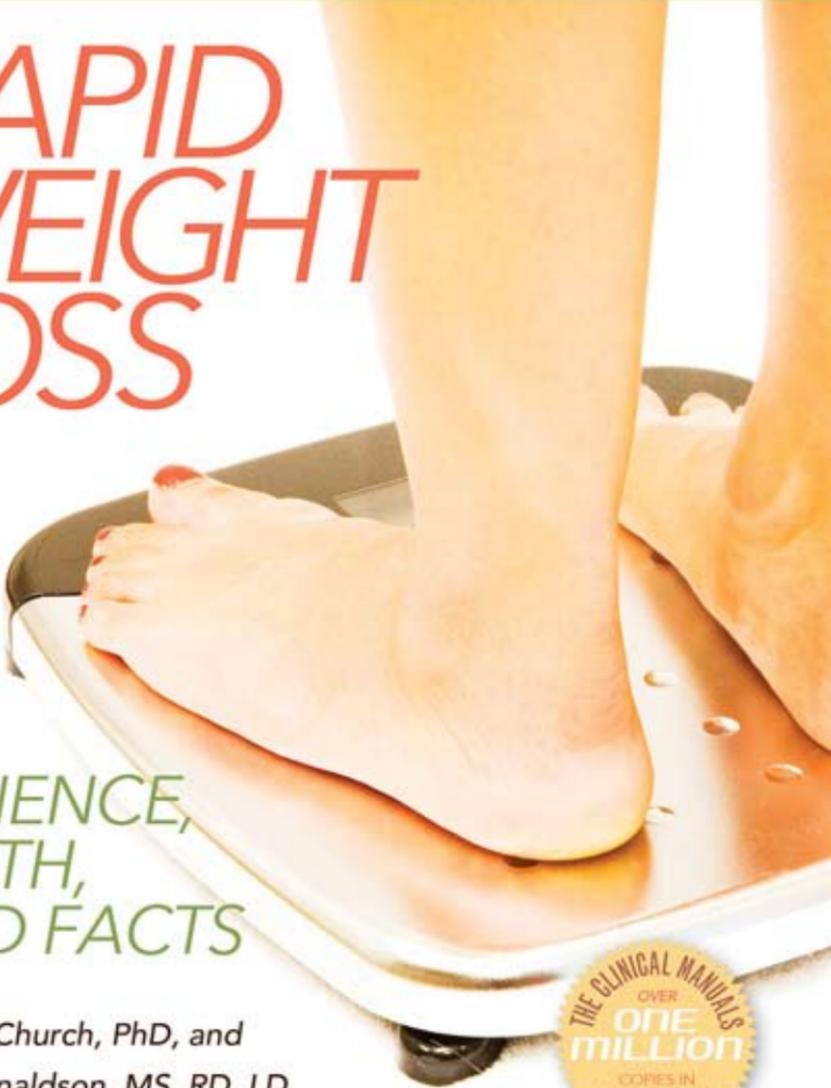


# EFT

EMOTIONAL FREEDOM TECHNIQUES

# RAPID WEIGHT LOSS



SCIENCE,  
MYTH,  
AND FACTS

Dawson Church, PhD, and  
Karen Donaldson, MS, RD, LD

THE CLINICAL MANUALS  
OVER  
**ONE  
MILLION**  
COPIES IN  
CIRCULATION

# RAPID WEIGHT LOSS

## Science, Myths, and Facts

Dawson Church, PhD,  
and Karen Donaldson, MS, RD, LD

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First Edition

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*Please consult qualified health practitioners regarding your use of EFT.*



# About Dawson Church

**Dawson Church, PhD**, is the author the award-winning and best-selling book *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*. He is a graduate of Baylor University (Mass Media) and Holos University (Integrative Healthcare) and is certified in Energy Psychology (CEHP #2016). He is the editor of the peer-reviewed journal *Energy Psychology*, and has published many scientific research studies on problems such as PTSD, anxiety, and depression ([www.EnergyPsychologyJournal.org](http://www.EnergyPsychologyJournal.org)). He founded the nonprofit Veterans Stress Project to provide free PTSD counseling to returning war veterans ([www.StressProject.org](http://www.StressProject.org)). He provides consulting services to organizations and teams, showing how

to utilize energy psychology to increase productivity and reduce stress in time frames that are much briefer than those found in conventional therapies. He manages EFT Universe, one of the largest alternative medicine sites on the Internet ([www.EFTuniverse.com](http://www.EFTuniverse.com)). You can download his free *EFT Mini-Manual* at [www.DawsonGift.com](http://www.DawsonGift.com).



# About Karen Donaldson

As a holistic practitioner, Karen is thrilled to be able to offer her clients techniques that not only help them lose weight but find peace in many other areas of their lives. Her compassionate and non-judgmental approaches to women's emotional eating issues have made her a highly sought-after practitioner not only for weight, but for a multitude of other issues as well. Her mind-body techniques include EFT, meditation, visualization, mindful eating lessons, affirmations, and clearing negative belief systems.

Karen completed her master's degree in microbiology from the University of Minnesota. She has two Bachelor of Science degrees from Idaho State

University—one in microbiology and the other in dietetics. Her academic background makes her highly qualified to guide women through the ever increasing—and often confusing—nutrition world. She is often praised—and thanked—by clients and medical professionals alike for her skill in making complex information easy to understand. She is often asked by her clients “Why didn’t my doctor tell me all this?”

As a certified personal trainer for over 20 years, Karen is also uniquely qualified to help women lose weight with the help of exercise. Knowing which type of exercise is needed to achieve specific goals—and how to have fun in the process—is key for successful body composition changes.

Karen was named one of 10 Idaho Health Care Heroes in 2010 and was named Businessperson of the Year for Service in 2002 by the 2002 Idaho State Journal/Idaho State University/Chamber of Commerce. She is motivational speaker, author, and developer of educational materials and healthy food products!

# Rapid Weight Loss

## **Introduction to Rapid Weight Loss**

“It’s never a good idea to lose more than 1 pound per week,” my doctor declared during one of my earliest attempts at weight loss. That was 30 years ago. You’ve probably heard similar warnings from other professionals many times in the intervening decades. If you go today to the website of the U.S. government’s Centers for Disease Control and Prevention (CDC), you’ll get a similar admonition in the section entitled “Losing Weight.” Here’s exactly what the CDC says in the first paragraph:

“What is healthy weight loss? It’s natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and

steadily (about 1 to 2 pounds per week) are more successful at keeping weight off.”

The image is a screenshot of a web page from the Centers for Disease Control and Prevention (CDC). At the top left, it says 'CDC Home' and features the CDC logo. To the right of the logo, it reads 'Centers for Disease Control and Prevention' and 'CDC 24/7: Saving Lives. Protecting People.™'. Below this is a navigation bar with 'A-Z Index' and letters A through Z. The main heading of the page is 'Healthy Weight - it's not a diet, it's a lifestyle!'. On the left side, there is a vertical menu with several items: 'Healthy Weight', 'Introduction', 'Assessing Your Weight', 'Balancing Calories', 'Preventing Weight Gain', 'Losing Weight' (which is highlighted with a blue arrow), 'Getting Started', 'Improving Your Eating Habits', 'Keeping it Off', and 'Healthy Eating for a Healthy Weight'. The main content area on the right has a sub-heading 'Healthy Weight' and social media sharing buttons for 'Recommend', 'Tweet', and 'Share'. Below these is the section 'Losing Weight' with the sub-heading 'What is healthy weight loss?'. The text in this section states: 'It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.'

“Losing Weight” from the Centers for Disease Control and Prevention web page

That’s as authoritative a statement, from as substantial an institution, as you’re likely to find. The scientific evidence and the medical consensus is clear and unanimous, it seems, that losing weight slowly is the key to keeping it off, and that crash diets and rapid weight loss plans should be avoided as quick fixes that are not going to pro-

duce lasting success. The CDC statement sums up the prevailing wisdom.

That prevailing wisdom is actually wrong. The medical evidence includes many studies as well as systematic reviews of clinical trials, showing that rapid weight loss can be effective. Several find that rapid weight loss is associated with better long-term results. Are you surprised? Here are the facts, as demonstrated in studies published in peer-reviewed scientific journals.

### **Does the Tortoise or the Hare Win the Race?**

One landmark study was performed by researchers at the Department of Clinical and Health Psychology at the University of Florida (Nackers, Ross, & Perri, 2010). They set out to discover whether slower or faster weight loss produced better results over time. Participants were 298 obese middle-aged women. Based on the amount of weight they lost in a month, they were divided into a “fast,” a “moderate,” and a “slow” weight loss group. The investigators looked at which group was more likely to achieve and maintain a 10% weight loss at the 18-month mark.

The results were significant and striking: The fast group was 5.1 times more likely to hit their target, while the moderate group was 2.7 times more likely. The faster the initial weight loss, the more likely it was that the women would weigh 10% less in 18 months. They were no more susceptible to regaining the lost weight than women in the slow group.

Other studies that looked at weight loss during the first 4 weeks, 6 weeks, and 12 weeks also found that those who lost weight *fastest* had the best long-term results (Jeffery, Wing, & Mayer, 1998; Wadden et al., 1992; Carels, Cacciapaglia, Douglass, Rydin, & O'Brien, 2003; Elfhag & Rössner, 2005).



The tortoise and the hare

A study of obese hospital patients reported in the renowned medical journal the *Lancet* examined whether losing weight fast was associated with greater weight regain (Purcell et al., 2014a).



The medical journal the *Lancet*

Participants were 204 patients randomly assigned to either a 12-week or a 36-week weight loss program, with a goal of a 15% reduction. Those who were successful were weighed again after 144 weeks, or almost 3 years.

Those who had lost weight fast did not regain any more weight than those who had lost it slowly. The authors of the study said that, "These find-

ing are not consistent with present dietary guidelines which recommend gradual over rapid weight loss..." The title of another study from the same team says it all: "The rate of weight loss does not influence long term weight maintenance" (Purcell et al., 2014b).

An earlier study split participants into two groups, the 50% who lost weight fastest, and the half who lost weight slowest, also over the course of 36 weeks. *Faster* losers had maintained better results when followed up 2 1/2 years later (Astrup, Buemann, et al., 1995).

There is a special class of papers called "review articles" that are published in peer-reviewed journals. Review papers combine the evidence provided by many studies in order to uncover common themes. One review paper examined nine randomized controlled trials of participants on Very Low Calorie Diets (VLCD) that had follow-ups of periods between 1 and 5 years. It found that when VLCDs were combined with an active exercise program, behavioral therapy, and nutrition information, *greater* initial weight loss resulted in improved weight maintenance over time (Saris, 2001).

A second review paper also looked at the evidence from clinical trials (Astrup & Rössner, 2000). It concluded that “greater initial weight loss as the first step of a weight management program may result in improved sustained weight maintenance.”

## **Science and Myth**

When I seriously began my own weight loss journey, I dug into the science. Like the statement on the CDC website, I found that most of what I had learned about weight loss over the years was similarly flawed. I’m a fan of facts, facts that have been empirically proven in clinical trials. To my dismay, I found that most of the advice I’d heard from “experts,” and followed, was somewhere between misleading and 180 degrees from the truth.

One important piece of evidence comes from studies of people who’ve lost weight, and kept it off long term. Despite what you’ll hear about “every” dieter regaining their weight in the couple of years after the diet, there are a few people who beat the odds. Their stories are recorded in the National Weight Loss Registry, and there are many scientific studies that illuminate exactly what makes them different.

When I read about these results, I was at a pivotal point in my life. I'd spent a few years focused on weight loss *maintenance*, not weight loss itself. I knew that losing weight was possible; I'd done it several times before. But I'd always regained the weight, and more, so I'd decided that I would not embark on another weight loss program until I had the proven ability to maintain over time. After around 4 years of maintaining my weight within a 5 pound range, I set out to lose 40 pounds.

### **Losing 40 Pounds**

Over the course of 6 months, I did it in two steps, aided by EFT (Emotional Freedom Techniques), which controls emotional eating;

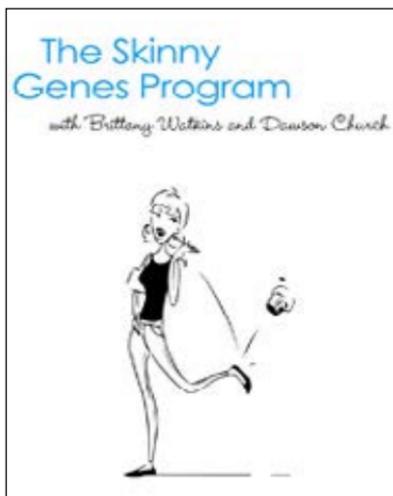


visualization; and a medically supervised low-calorie diet. I tried one very-low-calorie diet, and I lost weight more slowly than a higher-calorie diet. Not only did I meet my goal of losing 40 pounds, I have also been able to maintain that weight loss for several years now. In the second part of this report, registered dietitian and EFT certified weight loss coach Karen Donaldson will explain why I was able to make this happen.

After 6 months of successful weight loss, I maintained my weight for another 6 months, then taught my first weight loss class. What a thrill! I was at last sharing my insights with people who were suffering as I had suffered, and walking my talk.

I co-created a state-of-the-art, science-based program called Skinny Genes. It's an online program that has now helped thousands of people lose weight and keep it off. I participated in a clinical trial that determined that people in the Skinny Genes program lose an average of 12 pounds during the 6 weeks of the program.

Six months later, they've lost an additional 3 pounds as they keep on losing weight. I also wrote



The Skinny Genes Program

It's now close to 5 years since I lost that weight, and I'm eternally thankful I did. There's much less stress on my knees and lower back than before. I can get up and down out of the tiny 1970s sports convertibles that I collect and restore. I have more energy, and I'm no longer embarrassed to stand in front of large rooms of medical professionals and give keynote speeches. What a wonderful gift, and one that motivates me highly to maintain my weight loss, and continue dropping a pound here and there.

I'm not the only one. When I was mining the article archives of my website EFT Universe for

the book *EFT for Weight Loss* (Church, 2013a). EFT (also known as "tapping") is a popular self-help stress reduction technique used by millions of people worldwide.

It's now close to 5 years since I lost that weight, and I'm eternally thankful I

stories for my book, I found many accounts of people who've used EFT for weight loss. Here are a couple of examples:

### **EFT Tapping on Anger Leads to 25-pound Weight Loss**

*by Dr. Carol Look*

“Ann” was referred to me for weight loss from her back/pain doctor who had recently heard of EFT. When she first called, Ann reported feeling scared. While she felt embarrassed about being overweight and knew it was exacerbating her pain, she hadn't felt ready to tackle this issue. The doctor urged her to call me because he felt the excess weight was a contributing factor for her overall pain and general health condition.

Ann admitted using food for three primary reasons:

- To soothe the emotional emptiness from her upbringing with her cold mother and absent father
- To comfort her when her physical pain was unbearable

- To fill a void inside of her from feeling starved of emotional and physical affection from her husband.

Over the past 4 months we have worked on all three of these areas. Ann has lost 25 pounds easily and effortlessly by addressing and neutralizing the underlying emotional states that drove her to binge and overeat in the first place.

Ann said she was overweight most of her life, and sometimes used food to “stick it to” her mother. She used food when she was irritated by her mother and to show that she was “in charge.” She understood how this backfired, but was unable to stop using food in this way when feeling angry or resentful.

“I eat to squash the turmoil” is how she put it.

Chronically angry at her mother, Ann felt as if she were the adult in the relationship. Essentially, she was hungry for basic love and acceptance from her mother and never felt heard or understood. At the time Ann contacted me, her mother was entering the hospital for minor surgery. They had had a confrontation during which her mother had told her she didn’t think her daughter was likable.

When I asked Ann what the “downside” would be to her losing weight and stopping her afternoon patterns of overeating, she said she would feel dissatisfied and angry all the time and wouldn’t know what to do with those feelings. She also stated that she feared she would have to come to terms with all the turmoil in her life. Finally, she admitted that the extra weight was being used as protection against years of emotional pain and feelings of rejection and abandonment.

1. We tapped for her feelings about her mother as follows:

*Even though my mother doesn't even like me,  
I completely like and accept myself.*

*Even though my mother doesn't think I'm  
good enough, I choose to believe I'm lovable and  
good enough.*

*Even though I use food to comfort my loneli-  
ness, I deeply and completely accept myself.*

*Even though I'm embarrassed to admit that  
I'm obese, I choose to accept myself anyway.*

*Even though my mother has never understood  
me, I accept her for who she is.*

*Even though she is too selfish to hear me, I accept my own feelings anyway.*

2. During several later sessions, we tapped for her back and knee pain.

Ann has had severe sciatica, and knee replacement surgery a year ago. This was followed by a second surgery to replace a plastic piece in her knee after tearing a ligament. She has felt very discouraged that she continues to suffer so much.

*Even though I'm angry that no one knows what I've been through, I accept and love myself.*

*Even though I feel enraged by my pain, I deeply and completely accept myself.*

*Even though I have this knee pain, and chronic back pain, I accept all of me.*

*Even though my pain reminds me of my mother, and I feel resentful, I deeply and completely accept myself, including the pain.*

*Even though I have this anger and resentment in my knee, I choose to love and accept myself.*

*Event though my pain keeps me from living a normal life, I deeply and completely love and accept all of me anyway.*

*Even though my pain gets in my way and makes me feel hopeless and helpless, I choose to feel self-accepting and lovable.*

Her pain was reduced significantly during the session and she continues to tap for herself at home between sessions.

3. The final area of Ann's emotional distress is her marriage; she is troubled by the lack of love and affection.

She feels hopeless that it could ever change, and is unable to make any progress in communicating with him. She reported feeling angry and resentful because of a perception that her "needs don't count." We tapped as follows:

*Even though I'm not appreciated for what I do, I love and appreciate myself anyway.*

*Even though I feel angry when he doesn't listen to me, I choose to listen to myself.*

*Even though I feel terribly frustrated because I'm starving for love and affection, I want to feel comforted anyway.*

*Even though I feel rejected and it feels painful, I deeply and completely accept myself.*

*Even though my needs are insignificant, and I don't count, I accept all of my feelings.*

Ann has tapped sporadically in between sessions and has experienced progress in all areas of her life. She is no longer bothered by her mother, and feels more at peace with what she didn't experience emotionally as a child.

Ann said, "Food isn't as central in my life anymore...I eat moderately and am more conscious of when I'm full and what I need." She added, "I enjoy not cramming food down my throat anymore."

Ann felt thrilled that she didn't feel deprived by the changes in her eating habits and thought this feature would make her completely successful in reaching her final weight loss goals. She still eats her favorite foods but has a new awareness about what her body needs.

"I no longer have to eat to fill the starvation I feel."

In the later afternoons, Ann used to binge on cookies and sweets. Now she takes the time to be by herself, read, think about her feelings, and tap.

She acknowledges that neither her mother nor her husband have changed in any way; however,

she feels confident she can identify and process all of her feelings in relationship to both of them.

She has no desire to abuse food as a way to stuff her feelings or avoid the reality of her situation. Her pain is much better, and she continues to seek professional medical help for long-term ailments.

Ann has lost 25 pounds and feels confident that she will make it through the holidays with ease.

When I asked Ann what was most useful about the tapping, she declared that using EFT for her pent-up frustrations and emptiness made all the difference in her life to help her stop overeating and care about her body and health.

\* \* \*



## **Tap and Lose Weight**

*by Joy Vogel*

I began a program of weight loss just over 2 years ago. At that time, I was near 400 pounds and had begun to have serious problems with my feet, legs, and back. I work nearly 10 hours a day, 6 days a week, as a teacher and department head, and serve as pastor of our church group as well, so I was getting worn out by my weight problem.

I have always been overweight, even as a tiny child. In fact, my dad told me several years ago that when he first saw me in the hospital, he knew I would have weight problems my whole life (kindly meant, but not helpful, Daddy Dear!). So I grew up believing I had inherited my mom's weight problems and my thyroid condition, and my eating habits seemed uncontrollable.

I have never been successful at weight loss. For years, I tried every diet I heard of, and had about given up hope as I gained more every time I stopped one. My husband, who, thank goodness, has loved me through it all, even made me promise no more diets.

But I found something that I felt might be different and decided to give it one last try, and he finally, reluctantly agreed. I was surprisingly successful at first, but then began to fear I would backslide as usual.

About the same time, I learned about EFT tapping and decided to combine it with the diet, and I am happy to report that I have had great success.

As I continued the diet, along with tapping, I finally had to confront a sudden onslaught of seemingly disconnected events in my very early childhood of which I had not been consciously aware. Putting them together, I was able to understand there has been a hideous event in my life that I must have been unwittingly protecting myself from ever since.

Through EFT, I have been able to tap it into a far-off corner of my mind, where it seems now to have happened but is no longer important. I still tap once in a while on it, not to forget, but to make sure it is no longer a reason to hide behind my weight and try to be unattractive to men.

Now I understand myself in new ways, and feel free to be a new person.

If I am ever tempted to eat something that is not on my diet, I can now trace it to some part of my past or to a present feeling of fear or frustration, etc. I just tap a round or two, and my craving disappears and I can go do other things and not obsess on food as I used to do.

I no longer weigh myself, as I found it depressing. Even though the scale usually showed a loss, it just seemed I had so dauntingly far to go always. So now I just tap and diet, and sew or buy clothes. At this point, I wear a size 38 bra and 16 in dresses with a full skirt. The goal is finally in sight, thanks to EFT.

I feel I am living a miracle!

\* \* \*



I also partnered with registered dietician and certified personal trainer Karen Donaldson to create the Naturally Thin You programs. These programs use live coaching and personal sessions with Karen to create a customized program for you. Like me, Karen struggled with her own weight despite all the tools she possessed. Here's her story:

As a registered dietitian and personal trainer, I had the education and skills to provide to my clients the best nutrition and exercise advice on the planet for weight loss. I wrote elaborate and personalized menus, helped them organize and plan their days, and even got them to exercise. But time after time, I would see the same pattern emerge. These dedicated souls would be "good" for a few days, or even a few weeks, but inevitably, they would fall back into their old habits. The weight loss would stop or the weight they had lost would find its way back.

And this wasn't just happening with *my* clients. Nearly every dieter I knew, no matter what program they followed or what weight loss provider they had seen, was seriously struggling with keeping the weight off. They had tried every pill,

potion, and gimmick under the sun—even weight loss surgery—to no avail. It was so frustrating and it was making everyone crazy—including me!

The truth was, they were stuck. What they were doing wasn't working for them. And it wasn't working for *me* either. Truth be told, I was struggling with my own eating and weight issues. I still remember teaching seminars on weight loss, then coming home and “unwinding” with a big bowl of buttered popcorn, followed by some chocolate. And that was *after* dinner!

Finally, the reality hit. My cravings were out of control and I was eating emotionally—just like my clients were. As the owner of a weight loss clinic, this was not an easy thing for me to admit, even to myself. My weight was “fine” and I thought I carried it well. *Sure, I could stand to lose a couple of pounds, I rationalized, but who couldn't?* And besides, as a dietitian, I could rationalize my “snacks.” Popcorn is healthy because it has fiber, right? And chocolate has antioxidants, especially the dark variety. And what's a little raw cookie dough going to hurt now and again?—especially if you make it with pasteurized eggs so you don't get food poisoning!

But the truth was, whenever a client would confess to me “I know what I’m supposed to do, so why can’t I do it?” I wanted to scream “ME TOO!”

Of course I preached to my clients, and myself, the standard advice—keep healthy snacks around, watch your serving sizes, and so on—but none of that seemed to help. If you’re having a craving or eating for emotional reasons, it doesn’t matter how many veggies are in the fridge, the chocolate hidden in the bottom of the pantry is going to win. I needed a tool that would *really* work to help curb the cravings, to heal the issues that were causing the emotional eating in the first place.

Fueled by the frustration, guilt, shame, and sense of failure that so many people experience on their weight loss programs, I was determined to find the answer. My journey led me down a path of remarkable discoveries that eventually led to a complete redesign of my weight loss practice. One of the most profound and life-changing tools I had the great fortune of learning about was EFT (Emotional Freedom Techniques). To lose weight, and keep it off, we need to understand the psychol-

ogy of food and our emotional attachments to it. And we must address, and start healing, the issues and stressors that are triggering our cravings and emotional eating in the first place. Ignoring the powerful connection between food and our emotions will only keep us stuck in the sadly vicious patterns that so many are repeating.

After SO many years of heartache and frustration, I could finally answer that crucial question: “I know what I’m supposed to do so WHY can’t I do it?” By truly understanding the connection between food, stress, and our emotions and brain chemistry—and using the techniques and tools I teach in the Naturally Thin You programs—I personally released over 25 pounds. I have kept the weight off for over 6 years and I don’t worry about it coming back. I seldom have cravings, but if I do, I handle them with ease. These amazing techniques have also helped me heal many of the issues that led to my emotional eating in the first place. As a result, I have a much more peaceful relationship with food. I’m no longer compelled to tranquilize my anxieties or stuff my emotions with carbohydrate-laden comfort foods.

As a side benefit of my healing work, my relationships are improving, my health is great, and my career is blossoming. Not every day is perfect, of course, but I'm handling life with much more ease and joy than ever before.



Dawson Church teaching a workshop

\* \* \*

Below you'll find links to [Skinny Genes](#) and [Naturally Thin You](#), and to other resources that you can use for rapid and long-term weight loss. [Naturally Thin You](#) includes live coaching, while [Skinny Genes](#) is a self-paced online program; our research shows that participants lose weight on

both programs, and keep it off for life (Church & Wilde, 2013).

Some of the breakthroughs experienced by those who've been on live coaching calls with Karen and I are remarkable. Here are two drawn from my book *The EFT Manual* (Church, 2013b). They're from Chapter 4, in which I describe how people use EFT for the five major life areas: Health, Money, Relationships, Work, and Spirituality. You'll relate to these wonderful stories:

### **The Chocolate Dream Pie**

“Sarah” had worked on herself using many self-help methods, and had succeeded in most areas of her life, including eating. But there was one food undermining her diet. She could not shake her craving for a dessert called Chocolate Dream Pie, no matter how hard she tried. Sarah had a wrapper in front of her during the call, and estimated her craving for the treat as a 10 out of 10. I asked her about a childhood event involving pie, and she described an incident when she was 10 years old. She and her parents went to visit her brother, who was mentally disabled and confined to an institution. He

had never developed the ability to speak. During the visit, Sarah sat with him and felt close to him regardless. Afterward, her parents took her to a restaurant, and everyone had dinner, including pie. No one said anything about the boy, even though they all felt sad. I asked what kind of pie they ate that night, and it was chocolate cream pie. We tapped on this event till Sarah's sadness shifted, and she began to feel gratitude



for the time she'd had with her brother. She then reassessed her craving for Chocolate Dream Pie, and it was now a 0! Her craving for the food was really all about the emotions the family had not expressed—the sadness, the regret, the sense of loss. She was displacing those emotions onto food. When the emotions were tapped away, her craving simply disappeared.

\* \* \*

## **Cinnamon Rolls**

“Lottie” craved many sugary treats, but chief among them were cinnamon rolls. As she described the smell and texture of cinnamon rolls on the coaching call, she was so graphic that my mouth began to water! Her craving for them was 10 out of 10 in that moment. We tapped on several events in Lottie’s childhood, but a dominant one involved her great-aunt Carla. There wasn’t much love in her life, but Carla had been the person Lottie felt loved her the most. And guess what was Carla’s signature dish? Cinnamon rolls! Now, 40 years later, Lottie still associated cinnamon rolls with love. We tapped on the taste, smell, and texture of the rolls, and on being able to feel love without needing to eat. Her craving for cinnamon rolls dropped to a 0,

and she said, “Now I can really feel the love that I had with Carla.” We’d broken for good her brain’s association between love and cinnamon rolls.

\* \* \*



The bottom line is that the belief that slow weight loss is better than fast reductions is a myth. For me, it was highly motivating to look at the scale each day and see a pound or so less. When I exercised, there were days on which I lost 2 pounds. Other days it was slower, or stable, even with a VLCD. But the trend was clear, and seeing rapid and obvious results gave me the impetus to continue. I don't think I would have been as highly motivated by a goal of losing 1 pound a week, and the results on the scale each day would have been too small to notice.

When you read the science, it's apparent that rapid weight loss is effective. I believe that part of the reason is that you see results quickly, which motivates you to stick with your program.

The way you lose weight, and however fast you lose weight, is entirely up to you, but I encourage you to use the tools in this report and the resource section below to get started. Recent research shows that obesity knocks an average of 8 years off your lifespan (Grover et al., 2015), and when the increased risk from diabetes, heart disease and other factors is taken into account, the figure rises to 20 years.

That's a lot fewer years of enjoying your retirement, watching beautiful sunsets, traveling to exotic destinations, playing with your grandchildren, and enjoying your life. You deserve better. You deserve to live your life in a strong, healthy, slender, energetic body.

There's no better time than today to get going with a committed weight loss program. There will be no magic time in your life when all the stars align to make it happen. It's up to you, and you can start today. With so much solid scientific informa-

tion to go on, and so many resources to support your weight loss, there's no reason not to jump in with both feet. Please join me and the thousands of other people who have discovered that you can release those unwanted pounds forever!



# Resources for Rapid Weight Loss

Here are some resources to learn more about rapid weight loss and EFT:

*The EFT Mini Manual.* Here's a link to download free instructions on how to do EFT: [www.DawsonGift.com](http://www.DawsonGift.com)

*The EFT Manual.* Here's the Amazon link through which you can get the whole book or ebook on this groundbreaking method. <http://www.amazon.com/gp/product/1604152141?ie=UTF8&tag=energypsych00-20>

**Skinny Genes:** You can enroll for this self-paced 6-week program here: [www.SkinnyGenesFit.com](http://www.SkinnyGenesFit.com). Here's a coupon code you can use for a discount on the program: SKINNYME

**Naturally Thin You Boot Camp:** This great live program is taught by Karen Donaldson. She's a registered dietitian, certified personal trainer, and certified EFT

Weight Loss coach. For 6 weeks she gives you live coaching on the 6 essentials of weight loss. You can sign up here and she will let you know when the next live course is open for enrollment: [www.EFT4WeightLoss.com](http://www.EFT4WeightLoss.com).

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