

training your brain to adopt healthful habits

Training Your Brain to Adopt Healthful Habits

Training your brain to adopt healthful habits is a transformative journey that goes beyond simply wanting to change. It involves understanding how your mind works and leveraging that knowledge to create lasting routines that support your well-being. Whether you aim to eat better, exercise regularly, or reduce stress, rewiring your brain is key to making these behaviors stick. Let's explore how you can train your brain to embrace healthier habits with practical strategies rooted in neuroscience and psychology.

Understanding How Habits Form in the Brain

Before diving into techniques to train your brain, it's essential to grasp how habits actually develop. Habits are automatic behaviors shaped by repeated actions, triggered by specific cues, and reinforced by rewards. This cycle is often referred to as the "habit loop," consisting of three parts: cue, routine, and reward.

When you perform a behavior repeatedly in response to a cue, your brain creates neural pathways to make that behavior easier and more automatic over time. The basal ganglia, a part of the brain involved in habit formation, stores these routines, allowing your conscious mind to focus elsewhere. This is why habits can feel effortless once established—they become deeply ingrained patterns.

The Role of Neuroplasticity in Habit Change

One of the most encouraging facts about training your brain to adopt healthful habits is neuroplasticity—the brain's ability to reorganize itself by forming new neural connections. This means no matter your age or past behaviors, your brain can adapt and learn new habits if you approach the process consistently and patiently.

Each time you repeat a new healthful behavior, you strengthen the neural pathways associated with it. Conversely, neglecting old habits can weaken their hold. Understanding this dynamic empowers you to be proactive, knowing that change is possible through deliberate effort.

Practical Strategies for Training Your Brain

Now that you understand the science behind habits, let's explore actionable ways to train your brain towards healthful behaviors.

1. Start Small and Build Gradually

One of the biggest mistakes people make is trying to overhaul their lifestyle overnight. Instead, focus on tiny changes that are easy to implement and maintain. For example, if you want to increase physical activity, start with a 5-minute walk daily rather than an intense hour-long workout.

Small successes boost your confidence and make the habit feel achievable. Over time, these incremental improvements add up, rewiring your brain to prefer healthier routines.

2. Leverage Habit Stacking

Habit stacking is a clever technique where you attach a new habit to an existing one. Because your brain already recognizes the old habit's cue, it's easier to trigger the new behavior immediately after.

For instance, if you want to drink more water, try drinking a glass right after brushing your teeth each morning. This pairing creates a natural prompt that helps your brain link the two actions seamlessly.

3. Use Positive Reinforcement

Our brains love rewards, so reinforcing your healthful habits with positive feedback is crucial. This can be as simple as acknowledging your effort or treating yourself to something enjoyable after sticking to your routine.

Avoid relying on negative reinforcement or punishment, as these can create resistance and stress, making it harder to sustain the habit. Instead, celebrate progress, no matter how small, to encourage your brain's reward system.

4. Design Your Environment for Success

Your surroundings heavily influence your behavior. To train your brain effectively, create an environment that supports your health goals and reduces temptations.

If you want to eat healthier, stock your kitchen with nutritious foods and remove junk snacks. If improving sleep is your goal, keep electronic devices out of the bedroom. By shaping your environment, you reduce the cognitive load required to make healthful choices, making it easier for your brain to follow through.

Overcoming Common Obstacles in Habit Formation

Even with the best strategies, training your brain to adopt healthful habits can encounter hurdles. Recognizing these challenges helps you prepare and adapt accordingly.

Dealing with Cravings and Old Patterns

Old habits and cravings often resurface, especially during stressful times or when you're tired. These moments activate familiar neural pathways, tempting you to revert to less healthy behaviors.

Mindfulness practices can be powerful tools here. By becoming aware of your cravings without judgment, you create a pause between impulse and action. This space allows your brain to choose a healthful response rather than reacting automatically.

Managing Motivation and Willpower

Motivation fluctuates, and relying solely on willpower can be exhausting. That's why structuring habits to become automatic is vital. The more a habit becomes ingrained, the less effort it requires.

When motivation wanes, revisit your "why" – the deeper reasons behind adopting the habit. Visualizing the benefits or reminding yourself of past successes can reignite your drive.

The Role of Consistency and Patience

Training your brain to adopt healthful habits isn't an instant process. Consistency is the cornerstone of lasting change. Even on days when enthusiasm is low, simply showing up for the habit reinforces neural pathways and strengthens the routine.

Patience is equally important. Research suggests it can take anywhere from 21 to 66 days or more for a new behavior to become automatic, depending on complexity. Viewing this timeline as a natural part of habit formation helps

reduce frustration and encourages persistence.

Tracking Progress to Stay Engaged

Keeping track of your habit journey can provide motivation and insight. Use a journal, app, or calendar to mark each day you successfully engage in your healthful habit. Seeing a streak develop creates a sense of accomplishment and taps into your brain's desire for consistency.

Additionally, tracking allows you to identify patterns or obstacles, making it easier to adjust your approach and stay on course.

Incorporating Mindset Shifts to Support Habit Change

How you think about habit change profoundly impacts your success. Adopting a growth mindset—the belief that your abilities and behaviors can improve with effort—cultivates resilience and openness to learning.

Instead of viewing setbacks as failures, see them as opportunities to understand what doesn't work and refine your strategies. This mindset nurtures self-compassion and reduces negative self-talk, which can sabotage your progress.

Visualizing Success and Positive Outcomes

Visualization is a mental technique that primes your brain for success. By vividly imagining yourself performing the healthful habit and experiencing its benefits, you activate similar brain regions involved in actual behavior.

This mental rehearsal strengthens your commitment and prepares your brain to act in alignment with your goals. Try spending a few minutes daily visualizing the positive impact of your new habits on your life.

Training your brain to adopt healthful habits is a dynamic process that blends science, strategy, and self-awareness. By understanding how habits form, leveraging small steps, designing your environment, and nurturing a supportive mindset, you set yourself up for meaningful and lasting change. The journey may have its ups and downs, but every effort rewires your brain, bringing you closer to a healthier, more vibrant life.

Frequently Asked Questions

What is the first step in training your brain to adopt healthful habits?

The first step is to set clear, achievable goals and create a consistent routine that encourages repetition, helping your brain form new neural pathways associated with the desired habit.

How does habit stacking help in adopting new healthful habits?

Habit stacking involves linking a new habit to an existing one, making it easier for your brain to remember and adopt the new behavior by associating it with an established routine.

Why is mindfulness important in training your brain for healthy habits?

Mindfulness increases awareness of your thoughts and behaviors, allowing you to recognize unhealthy patterns and consciously choose healthier alternatives, thereby reinforcing positive habit formation.

How long does it typically take to train your brain to adopt a new healthful habit?

While it varies by individual and habit complexity, research suggests it takes around 21 to 66 days of consistent practice for a new behavior to become automatic.

What role does positive reinforcement play in forming healthful habits?

Positive reinforcement, such as rewarding yourself after completing a healthy habit, strengthens the neural connections related to that behavior, increasing motivation and the likelihood of habit retention.

Can changing your environment help in training your brain to adopt healthful habits?

Yes, modifying your environment to reduce temptations and cues for unhealthy behaviors makes it easier for your brain to focus on and maintain healthful habits by minimizing distractions and triggers.

Additional Resources

****Training Your Brain to Adopt Healthful Habits: A Cognitive Approach to Lasting Change****

Training your brain to adopt healthful habits is an increasingly popular focus in both psychological research and wellness industries. As individuals strive to improve their lifestyles, understanding the neurological and behavioral mechanisms behind habit formation offers critical insights. This article explores how cognitive science, neuroscience, and behavioral psychology intersect to facilitate the development of sustainable health behaviors, providing an evidence-based roadmap for those seeking lasting transformation.

The Neuroscience Behind Habit Formation

Habits are automatic behaviors triggered by contextual cues, often requiring minimal conscious effort once established. The brain regions involved in habit formation primarily include the basal ganglia, which governs routine behaviors, and the prefrontal cortex, responsible for decision-making and self-control. Training your brain to adopt healthful habits hinges on strengthening neural pathways associated with desirable routines while weakening those linked to unhealthy behaviors.

Research shows that repetition is key: consistent engagement in a new behavior reinforces synaptic connections, gradually making the action more automatic. A study published in the **European Journal of Social Psychology** suggests that on average, it takes 66 days to solidify a new habit, though this varies widely depending on the complexity of the behavior and individual differences.

Role of Neuroplasticity in Behavioral Change

Neuroplasticity—the brain's ability to reorganize itself by forming new neural connections—underpins the process of adopting healthful habits. This adaptability means that even deeply ingrained patterns can be modified with deliberate practice. Techniques such as mindfulness meditation have been shown to enhance neuroplasticity, improving self-regulation and supporting the formation of positive routines.

Furthermore, dopamine, the neurotransmitter associated with reward, plays a crucial role in habit reinforcement. When a behavior results in a positive outcome, dopamine release encourages repetition. Training your brain to adopt healthful habits can therefore be enhanced by pairing new routines with rewarding experiences, creating a feedback loop that motivates persistence.

Behavioral Strategies for Sustainable Habit Change

Beyond the neurological foundation, practical strategies rooted in behavioral psychology are essential for embedding healthful habits into daily life. These include goal setting, environmental modifications, and self-monitoring.

Leveraging the Power of Small Wins

Breaking down health goals into manageable steps increases the likelihood of success. For example, rather than aiming to “exercise regularly,” starting with a 5-minute daily walk creates achievable milestones. This approach taps into the principle of “small wins,” which fosters motivation and confidence, making it easier for the brain to adopt healthful habits incrementally.

Environmental Design and Habit Triggers

Environmental cues significantly influence behavior. By strategically altering surroundings, individuals can facilitate habit formation or disrupt undesirable routines. This might involve placing workout clothes in visible locations, removing junk food from the kitchen, or setting reminders on digital devices.

Such modifications create a context that naturally prompts healthful actions. Training your brain to adopt healthful habits becomes more effective when the environment supports these behaviors, reducing reliance on willpower alone.

Importance of Consistency and Accountability

Consistency reinforces neural pathways, making habits more automatic over time. Establishing routines at the same time or place daily can anchor behaviors in the brain’s pattern recognition systems. Additionally, accountability mechanisms—such as tracking progress through apps or sharing goals with peers—enhance commitment and provide external motivation.

Psychological Barriers and How to Overcome Them

Despite best intentions, various psychological obstacles can impede habit adoption. Understanding these barriers is crucial for developing effective interventions.

Overcoming Cognitive Load and Decision Fatigue

The brain's capacity to make decisions is finite; decision fatigue can lead to reverting to old habits. Simplifying choices through pre-planning or automating certain behaviors reduces cognitive load. For instance, meal prepping eliminates daily food decisions, supporting healthier eating habits.

Managing Stress and Emotional Triggers

Stress often triggers unhealthy habits such as overeating or smoking. Training your brain to adopt healthful habits requires strategies to cope with emotional states, such as practicing relaxation techniques or cognitive reframing. Mindfulness-based interventions have demonstrated efficacy in reducing stress-induced lapses.

Dealing with Relapse and Maintaining Motivation

Relapse is a natural part of habit formation. Viewing setbacks as opportunities for learning rather than failures helps sustain motivation. Incorporating self-compassion and adjusting goals as necessary fosters resilience, encouraging continued effort toward healthful behaviors.

Technological Tools Enhancing Habit Training

Digital health technologies are increasingly used to support habit formation through personalized feedback, reminders, and behavioral tracking.

Wearables and Mobile Applications

Devices like fitness trackers and health apps provide real-time data on physical activity, sleep patterns, and nutrition. This immediate feedback loop enables users to monitor progress and make informed adjustments, reinforcing healthful habits through data-driven insights.

Gamification and Social Support Platforms

Integrating game elements such as rewards, badges, and challenges into habit training can increase engagement. Social platforms also offer peer support and accountability, leveraging community dynamics to maintain motivation.

Balancing Pros and Cons of Habit Training Approaches

While numerous strategies exist for training your brain to adopt healthful habits, it is important to consider their advantages and limitations.

- **Pros:** Enhanced self-awareness, improved health outcomes, increased self-efficacy, and potential for long-term behavioral change.
- **Cons:** Requires sustained effort, possible frustration during setbacks, and the need for individualized approaches as no single method fits all.

Critically, the most effective programs combine neurological insights with behavioral techniques tailored to individual contexts.

Training your brain to adopt healthful habits is a multifaceted endeavor, blending science and practical application. By understanding the underlying mechanisms and employing targeted strategies, individuals can create lasting changes that enhance well-being. This ongoing process reflects not only a commitment to health but also an investment in the brain's remarkable capacity for growth and adaptation.

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training your brain to adopt healthful habits: Training Your Brain To Adopt Healthful Habits William P Gordon, Supriya Misra Sc D, Jodie A Trafton, 2024-07-30 Why is it so hard to maintain healthful habits? This program explains successful processes to initiate and maintain change from a neuroscience perspective. Specifically, the program examines five key brain challenges that underlie many of the most effective cognitive, behavioral and pharmacological strategies for changing health behaviors and maintaining healthful practices. The neuroscience is presented simply and focused on the practical. Each brain challenge is followed by exercises to

target brain processes, encouraging health professionals or patients to change these processes. This text updated in 2024, serves as a guide to learn how and why active participation is needed to produce meaningful change. The program focuses on mastering five key brain challenges: Learning to highly value behaviors that promote wellness while devaluing behaviors that lead to poor health. Enriching one's life to tame the need for immediate gratification. Enhancing resiliency to threats and chronic stressors. Training one's addiction circuits that respond to drugs as well as comfort foods to make healthful behaviors habitual. Making flexible decisions to empower the prefrontal cortex to make healthful choices. Participants completing the program should be able to: Identify how the brain weighs options when making health-related decisions. Discuss how opportunities for reward get overvalued. List social factors that can overvalue habits and sabotage our health. Describe how the brain's reward system is sabotaged by addictive substances. State how we can correct value estimates, including reframing and challenging expectations. Discuss how impulse control is affected by neuronal processes. Outline several ways that illustrate how life enrichment improves impulse control. Define and give examples of reward deficiency syndrome. Describe how chronic stress increases the need for immediate gratification. List several effects of adverse early childhood experience on adult stress. List several ways to develop greater stress resilience. Compare and contrast habits that can be automatic from those that are acquired. Provide three examples of how we learn new behaviors. List several ways for how new behaviors can turn into old habits. Explain why willpower is not enough. Describe how problem-solving skills can develop and can disappear. List several ways to improve problem-solving and cognitive skills. Summarize key principles using the example of weight loss.

training your brain to adopt healthful habits: Mind-Brain-Gene: Toward Psychotherapy Integration John Arden, 2019-01-15 An exploration of the ways the immune system, epigenetics, affect regulation, and attachment intersect in mental health. The evolution of psychotherapy in the 21st Century demands integration. Instead of choosing from the blizzard of modalities and schools of the past, therapists must move toward finding common denominators among them. Similarly, today's psychotherapy necessitates the integration of the mind and body, not the past practice of compartmentalization of mental health and physical health. This book contributes to the sea change in how we conceptualize mental health problems and their solutions. Mind-Brain-Gene describes the feedback loops between the multiple systems contributing to the emergence of the mind and the experience of the self. It explains how our mental operating networks "self"-organize, drawing from and modifying our memory systems to establish and maintain mental health. Synthesizing research in psychoneuroimmunology and epigenetics with interpersonal neurobiology and research on integrated psychotherapeutic approaches, John Arden explores how insecure attachment, deprivation, child abuse, and trauma contribute to anxiety disorders and depression to produce epigenetic affects. To help people suffering from anxiety and depression, it is necessary to make sense of the multidirectional feedback loops between the stress systems and the dysregulation of the immune system that lead to those conditions. Successful psychotherapy modifies the feedback loops among the self-maintenance systems. Through the orchestration of the mental operating networks, psychotherapy promotes the re-regulation of immune system functions, stress systems, nutrition, microbiome (gut bacteria), sleep, physical inactivity, affect regulation, and cognition. This book makes a strong case for healthcare and psychotherapy to be combined—together they can revolutionize the way we conceive of, and attain, optimal health in the 21st Century.

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that could transform your battle against cancer into a triumphant odyssey of self-discovery? From the enigmatic depths of Emotional Management and Stabilization to the celestial heights of Inner Spiritual Exploration, Oren's 52-week guide is a labyrinth of revelation. Each phase is a siren's call, luring you deeper into the intricate tapestry of mind, body, and spirit. Imagine feeling your body awakening, cell by cell, as you delve into Enhancing Bodily Awareness and Sensation. Picture your immune system rising like a phoenix, reborn and invigorated during the Boosting Immunity weeks. Can you fathom the ecstasy of Redefining Life Goals with a mind unfettered by fear and limitation? But beware, dear reader. This is not a journey for the faint of heart. As you traverse the landscape of Fascia Training and Mindfulness Techniques, you may find yourself questioning everything you thought you knew about your own capabilities. Are you prepared to face the person you could become? Oren's magnum opus doesn't just offer recovery; it promises renewal. It whispers of a metamorphosis so profound that you may emerge unrecognizable even to yourself. Will you dare to turn the first page and set foot on this path of transformation? The Art of Life Renewal isn't merely a guide—it's a challenge, a provocation, an invitation to revolution. It stands before you, a monolith of hope in a world of uncertainty, daring you to reach out and grasp the life you've always dreamed of. So, the question remains: Are you brave enough to answer the call of renewal? Or will you let this opportunity for rebirth slip through your fingers like grains of sand in the hourglass of life? The choice, as always, is yours. But remember, in the grand theater of existence, sometimes the boldest act is simply to begin.

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training your brain to adopt healthful habits: Healthy Sleeping Habits: How to Adopt Healthy Sleeping Habits Yvette Green, 2014-11-12 Are you feeling restless and tired? Are you experiencing sleep issues? Sleep like a baby with a few tips and techniques packed in one book! Sleep is a natural human state that is characterized by a modified recognition and sensibility. During the state of rest, the eyes are closed and appear to be unconscious. Adults that don't have enough sleep can suffer or experience sleepiness during daytime, which can affect their daily routine and work. Children who suffer the same can have same effects overtime, like psychological issues. These are the reasons why it is essential to have a healthy sleeping habit. What else can you get from this book? o Understand the risks of having little to no sleep o Learn simple strategies to help you adapt a healthy sleeping habit o Learn the contributing factors that affect a healthy sleep o Various sleep problems and solution Rest is vital for everyone. This book outlines some strategies that one can use to get a back on a healthy sleeping habit!

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PMS, polycystic ovarian syndrome, perimenopause and menopause. * Eat the right foods for a flat tummy, lose unwanted pounds and get healthy and fit * Get your cravings under control * Look younger and more vital * Optimise your brain for love, sex and intimacy in relationships * Get your brain ready for pregnancy

training your brain to adopt healthful habits: Make Your Brain Smarter Sandra Bond Chapman, Ph.D., Sandra Bond Chapman, 2014-01-21 One of the world's most innovative and respected cognitive neuroscientists combines cutting-edge research with unique exercises to help you improve the most powerful, most staggeringly complex machine ever created: your brain. In Make Your Brain Smarter, renowned cognitive neuroscientist Dr. Sandra Bond Chapman introduces you to the very latest research in brain science and shows you how to tailor a program to strengthen your brain's capacity to think smarter. In this all-inclusive book, Dr. Chapman delivers a comprehensive "fitness" plan that you can use to "exercise" your way to a healthier brain. You will find strategies to reduce stress and anxiety, increase productivity, enhance decision-making, and strengthen how your brain works at every age. You will discover why memory is not the most important measure of brain capacity, why IQ is a misleading index of brain potential, and why innovative thinking energizes your brain. Make Your Brain Smarter is the ultimate guide for keeping your brain fit during each decade of your life.

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training your brain to adopt healthful habits: Train Your Brain for Healthier & Happier Life (Full Version) Dr Mehmet Yilkdiz, 2025-03-23 The primary purpose of this book is to inspire you to discover the remarkable potential of your brain and mind with simple yet powerful words in a storytelling and conversational style. With over five decades of research, experimentation, and collaboration with leading neuroscience, psychiatry, endocrinology, and metabolic health experts, I have created this book to share a holistic approach to enhancing mental performance and overall well-being. The human brain is a dynamic, adaptive organ with an enormous capacity for growth, learning, and change. Through this book, I will guide you in understanding how to: Encourage neurogenesis and neuroplasticity-the brain's ability to create new neurons and adapt to challenges. Build cognitive reserves to support your mental flexibility as you age. Understand intuition and metacognition for deeper self-awareness and creativity. Unlike many books on brain health, this

guide integrates practices rooted in scientific discoveries and mainly personal experiences. From daily meditation and intermittent fasting to neurobics and thermogenesis with cold showers, ice baths, and saunas, I share strategies that have profoundly impacted my life. My studies with centenarians and explorations of artificial intelligence and neurocomputing offer additional insights to inspire your journey. I want to help you adopt practical tools that align with your unique needs, including: - Lifestyle changes to support your mental and emotional well-being. - Evidence-based dietary and exercise routines to improve brain, cognitive, and mental health. - Emerging technologies that can enhance your cognitive abilities. And much more. This book reflects real-life curiosity and personal interaction. Using a question-and-answer format, I address topics in ways that are easy to relate to and apply. Together, we will explore emerging questions such as: How does intermittent or periodic fasting support brain health? What is the role of neuroplasticity in lifelong learning? How can I create daily habits that help me feel younger and sharper as I get older? How can I learn Western and Eastern body and mind exercises to sharpen my brain? How can I be more joyful and relate with others better? How can I be more creative and productive to increase my income? This book blends decades of research with practical strategies from my experiences and collaborations with leading experts to provide actionable cognitive and emotional well-being insights. I want to inspire you to take control of your cognitive health, guiding you with tools to enhance your intuition, memory, focus, attention, task switching, resilience, and joy at any age.

training your brain to adopt healthful habits: The Universal Rules of Life Nabil Fanous, 2022-04-05 Developed by Dr Nabil Fanous—a surgeon, university professor and sought-after speaker—The Universal Rules of Life offers valuable insights into effective time management, personal fulfillment, and the path to professional success. Discover the easy and smart answers to the following questions that have intrigued you for years: What's the one sentence that will get you what you want 50% of the time? What are the 3 time management secrets of doing what you don't have time to do? What are the 4 best-kept and indispensable secrets to achieving happiness? How you can create a commanding presence, before you even utter a word? How you can mesmerize anyone you talk to? What are the 9 crucial steps for prevention and early detection of cancer, heart disease, diabetes, and Alzheimer's disease? What should you do when you feel torn between several options, and can't make a decision? How you can break the "I will" habit, and do now what you've always wanted to do but never did? How can you get people to appreciate you, to relish hearing from you, and to compete to get together with you? How you can give criticism and disagree, yet remain liked and respected? How can you solve any worrisome problem in less than 5 minutes? How can you create smart effortless habits that simplify your life? What are the 2 questions you must ask yourself when faced with a life crisis or a serious health problem? What's the secret recipe for managing the difficult people in your life? What are the 2 questions that will instantly make you feel better when you're disappointed or depressed?

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training your brain to adopt healthful habits: Inspiring Generational Leadership DeLinda

Forsythe, 2021-11-02 Want to create an inspiring workplace? In *Inspiring Generational Leadership*, DeLinda Forsythe shares her passion and success in developing tomorrow's leaders. This guide takes readers on a journey revealing the financial, societal, and emotional benefits in leading, building, or working for a conscious business enterprise. DeLinda field-tested her leadership concepts for fifteen years at Innovative Commercial Environments, San Diego's most creative and resilient office furniture dealership. As Founder and CEO of ICE, DeLinda discovered how to effortlessly partner with millennial coworkers to cocreate policies that led to industry-defying growth and financial stability—even through crisis. Her thorough research confirms the alignment of millennial values when organizations incorporate tenets of conscious capitalism in partnership with emerging neuroscience data and emotional and spiritual intelligence. DeLinda's absorbing storytelling style and her inclusion of intimate interviews with other conscious leaders and educators guides readers along the rewarding mentoring path. *Inspiring Generational Leadership* provides tools to create an ideal workplace for leaders and their organization that is passionately alive with ethical values and purpose.

training your brain to adopt healthful habits: Brain-Powered Weight Loss Eliza Kingsford, 2017-01-03 Losing weight and successfully maintaining it over the long term is not as much about what you put in your stomach; it's more about what's happening in the brain. In *Brain-Powered Weight Loss*, psychotherapist and weight management expert Eliza Kingsford shows that more than 90 percent of people who go on diet programs (even healthy ones) fail or eventually regain because they have a dysfunctional relationship with food. Changing this relationship by changing the way you think about and behave around food is what it takes to permanently achieve weight-loss success. Kingsford's 11-step first-of-its-kind program enlists dozens of mind-altering and behavior-changing exercises and techniques that shows you how to:

- Identify and reverse the conscious and unconscious thinking errors and food triggers that lead to the behaviors that drive our food decisions.
- Let go of the mindset of going on or off a diet in favor of a conscious quest to pursue a lifestyle of healthy eating and everyday activity—one that can last forever.
- Successfully use what Kingsford calls dealing skills to outsmart high-risk situations, tame stressful times, and prevent an eating slip from leading to a setback or all-out binge.
- Find out if you have what emerging research shows is an addiction to certain high-fat and sugar-added, processed foods that can be as powerful as addiction to cigarettes and narcotics.
- Design a personal healthy eating program built on Kingsford's 10 Principles of Healthy Eating.

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