

Published based on [Weight Loss - Advices And Tips To Follow](#)

# **Weight Loss - Advices And Tips To Follow**

A lot of people think that the right answer to losing the weight is not eating the foods we like or exercising till our heart feels like it will explode. People like to think that they are overweight due to their style of life, their eating habits, and their lack of movement. Surely, all above mentioned things play a role in being overweight, but the tight answer to losing the weight in days is not in our body, it is in our mind.

Our mind plays the crucial role in the journey and we do not really think about it very much when we are trying to find a way to lose some pounds. It is really so that the mind is the deciding factor in whether you will lose pounds in weeks or lose pounds in days. In this article I want to give you an example that is well known, but often not thought of - stress.

Stress is not only a physical state, it is a mental state as well. It is when you feel like there are a lot of things to think about, a lot of things to keep track of and not enough both time and ability to do it. It is the feeling of being overwhelmed by your own thoughts, doubts, and worries and as much as you have to deal with the consequences in your mind, you need to deal with the consequences in your body. As a rule, stress signals your body to release certain hormones that will help in fat production.

Are you familiar with such worries as not being able to lose pounds in days and keep them off, not losing enough pounds and so on? In fact, all your worries make these things actually harder to achieve.

In the case you need to lose several pounds in days, first of all you need to stop worrying about how much you have lost. In our mental arsenal there are a lot of different tools, but the most powerful one is visualization and you need to learn how to use it. It is proven that even in the case you are not exercising, just visualizing and imagining that you are working out will help you to make your muscles work.

The more real you can see it, the more it becomes in reality. Make it easy to imagine how much weight you have lost by eating smaller but more frequent meals. It is the great way of fooling your mind into believing it is eating less and so losing the weight. Lose some pounds in days by just believing you will, force yourself to see it and it will come sooner than you even can imagine.

Is it realistic to [lose 10 pounds](#)? Well, in the age which is close to breaking through with artificial intelligence most likely the answer should go like this, "Surely it is possible to [lose 10 pounds fast](#)!" But this is not so simple, especially if we are talking about to [lose 10 pounds](#) permanently.

That is why if you are properly armed with the information in your topic you can be sure that you will always find the solution to any bad situation.

So, please make sure to visit this site on a regular basis. But this is not all, actually the least time consuming way of doing it - sign up to its RSS. In such an easy way you will have your hand on the pulse of the latest info updates here. Blogging can be helpful, you just need to understand how to use this "informational phenomenon". So, stay updated about the weight loss topic with the help of the convenient RSS technologies available for free for everybody.

You can also find this article published on [Weight Loss - Advices And Tips To Follow](#), and on the tag pages [lose 10 pounds](#), [lose 10 pounds fast](#), [lose weight](#), [weight loss](#), [weightloss](#).