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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 heartful 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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