

# END DIETING HELL



How to find peace with  
your body and release  
the weight you want.



BY FITNESS EXPERT & WEIGHT LOSS SPECIALIST

**MICHELLE MELENDEZ**

**NEW  
INSIGHTS  
TO END  
WEIGHT LOSS  
FRUSTRATION!**

# Table of Contents

Introduction: My Story

Chapter One: Your Ego Wants You To Be Fat

Chapter Two: Why New Year's Resolutions NEVER Work

Chapter Three: The Age of Your Emotional Body

Chapter Four: Three Insights That Bring Your Body Peace

Chapter Five: Food Addiction Starts In Your Heart

Chapter Six: The Purpose of Your Lifetime Struggle With Weight

Chapter Seven: Detox, Defend And Reset Your Body

Chapter Eight: Exercises For Your Body Type

Chapter Nine: Your Living In A Body You Love Plan

# Introduction: My Story

Why should you listen to me?

If you're reading this, you've probably been struggling with your weight for years or even most of your life. You've been on tons of diets and probably, at least once, hired a trainer.

You're frustrated and tired of trying to lose weight....AGAIN!

Guess what?

I've never struggled with my weight.

If that turns you off, I understand.

Here is something that may turn you back on again and want you to take a seat and start immediately reading chapter one...

After being a fitness trainer for nearly two decades (since 1996), I discovered something I never learned in the fitness industry. It's the reason most people will go their entire life and NEVER live in a body they love.

The #1 reason you struggle with your weight is that you are **cellularly** and **emotionally** addicted to the feeling of struggling with your weight and that addiction will forever sabotage your weight loss efforts.

Yes, I said, "ADDICTED."

This addiction is in every cell of your body. Your body actually sends signals to your brain to think thoughts that will send the addictive feeling of struggling with your weight into your body ... EVERY DAY!

Does that sound crazy?

I was floored when I learned this because I had been trying to find the answer to why some women stay fit and thin and others struggle every year and don't stick with their program.

I thought I'd find the answer taking fitness courses so I became certified in Heart Zones, Intuitive eating, Fitness By Phone, Body Pump, R.I.P.P.E.D, Weight Loss Specialist and more!

The answer was not in what to eat or how to train. It wasn't until I started studying human behavior that I came across the answer.

This book will give you insights that you'll never learn in a gym, from a nutritionist or even from a natural path and I'm so glad you found it!

## **My Story:**

When I was 13 years old I found out I had a slight case of scoliosis.

Scoliosis is where part of the back is curved and in my case, my back sits slightly behind the other.

It wasn't bad enough for a back brace but because of it I have one boob that is larger than the other and being a 13-year old I was already self-conscious of my body and this new insight was **horrifying** to say the least.

## **I Hated My Body!**



I felt embarrassed, ashamed, humiliated and completely insecure.

This was **especially** the case if cute guys were checking me out.

I was sure they could tell my boobs were uneven and I was afraid they would laugh at me and then it happened...

One night when I was making out with a cute guy and he started to touch my breasts and then...he started laughing. I was mortified!

I didn't know what to do so I acted like nothing happened and kept kissing him.

Luckily my sister showed up and we promptly left.

I remember my thought looking in the mirror thinking, "Why me? Why did this happen to me?"

Every time I would go and buy new clothes I would slowly open the door to the fitting room and look out to make sure the fitting room attendant wasn't around to look at me because I wanted to see what I looked like first.

I was sure she would judge me and see that my body wasn't even.

Before my sister and I went out I would ask her the same question every time..."Can you tell?"

She knew that meant, “Can you tell that one boob is larger than the other?”

She always had the same answer, “No, Michelle, you can’t tell and no one is going to care anyway!”

Well, I could tell so I normally always went back to the room feeling ashamed of my body, to change or get a sweater.

I remember being at school one day and seeing a friend who was toned and looked amazing!

I thought, I’m going to start working out! I bet that would fix things.

My goal was to work out the larger side of my chest only so it would tone-up and hopefully shrink down and then my boobs would look even.

Sounds silly now but back then it made a total sense!

However, something happened when I starting working out that I wasn’t expecting...I started to have more energy and then started to feel somewhat better about myself regardless of my uneven boobs.

I was hooked!



In 1996 I became a personal trainer (PT).

I really just needed a job and since I enjoyed working out, I thought working at a gym would be great! After I was hired I got my PT certification right away.

Then the owner, who needed fitness instructors very badly, paid for me and a few others to get certified in Body Pump, Martial Fitness Kickboxing, Reebok Spin and many other training modalities.

In my 30’s, I had been a fitness trainer for 10 years with almost 12 fitness certifications under my belt. Surprisingly, I still struggled with my body image.

Yes, that cute picture of me shows a woman who still struggled with body image.

What I didn't understand was the action I was taking to get fit and be a trainer **wasn't re-conditioning the emotional vibrational to which my body was addicted.**

I was sick of the feeling shame, frustration and humiliation for my body even though it was fit and toned so I tried something completely different.

I signed up for a Creating A Better Body Image Retreat.

I got out of my environment and did something radically different.

I remember this one exercise where I had to do a striptease for myself in the mirror. I was so uncomfortable doing this exercise. I didn't want to look at my body in the mirror because I knew I wouldn't like what I saw.

Part of the exercise was to consciously **feel something different in your body** that you hadn't felt before.

I decided if I was going to do this, I had to make it fun. So I put on some candles and some fun music and I took off my clothes and stared at my body.

I saw the cellulite on my legs, the unevenness of my boobs and even a bit of a pouchy belly.

The practice was to **consciously** feel something different so I started to think what could be different...

Then, something came over me...



I thought about the many miles my legs had walked, and all the people my arms had hugged, and the strangers my hands had shaken who soon became close friends, and a relief came over me.

The feeling of relief and appreciation consumed me.

What I **didn't know at the time was that I was shifting the emotional vibrational energy** held in every cell of my body most of my life.

I decided to practice this new feeling everyday and something shifted inside me.

Don't get me wrong...It didn't change overnight but something did change.

Had you told me in my 30's that I would be writing a book **and disclosing the unevenness of my breasts in my 40's**, I would have **told you YOU'RE CRAZY!**

I was so ashamed about my body and I didn't want ANYONE to know it...EVER!

Today, I literally feel so differently about my body that I don't mind sharing the truth of how I felt.

I even did a live spoken word performance and revealed my ENTIRE self-loathing story and you can watch it by going to <http://womenbeingfit.com/michelles-story/>

I no longer have the insecurity I once did. It doesn't phase me at all.

This book will give you insights about your body that will leave you feeling relief and peace no matter what you look like now.

You will have major AHA moments and will not feel the same about yourself, and your life that you do now.

Are you ready?

It's time.

# Sneak Peek Into Chapter One:

## Your Ego Wants You To Be Fat

If you have struggled with your weight most of your life, your brain and body have **become addicted to the feeling of struggling with your weight.**

The key phrase is, “addicted to the feeling”. This emotional addiction will never go away.

This is one of the first things I tell clients when they work with me. Most of the time they get frustrated with me when I tell them that the feeling of struggling with their weight will never leave them.

I then tell them what I'd like to tell you. There is a reason you came into this life at this time in history and are living in the body you have.

When you have evolved and your new emotional addiction is one of peace and love for your body, you won't be the same person you are today. You'll be a more spiritually expanded version of yourself and that will not only heal and transform you but also help heal the world.

The world needs you to evolve into a woman who lives in a body she loves. When you do that you help create the next step of our human evolution. I'll explain more of this in chapter five.

In order to evolve you must understand that you will forever repeat the thoughts, feelings and actions of someone who struggles with their weight because it is an emotional addiction.

This is why joining a gym or going on another diet program will not last. Those programs try to fix the outside behavior, which is not the source of the issue.

Lasting weight loss is an inside job of understanding, acceptance, compassion, forgiveness and love.

Your Ego believes you are someone who struggles with your weight. This identity feels normal and comfortable in your body even though it's not what you want.



You know how to run your life as a person who struggles with their weight because the feeling of struggling is a conditioned addiction in every cell of your body.

If you've been struggling with your weight most of your life, then the addiction was created when you were a child. If you've been struggling as an adult, it was created sometime in your early adult life.

You can't make your emotional addiction go away permanently but you can slow it down and create a new addiction in your cells that then create the results you want.

**WARNING:** It won't feel right initially. You will have to spend time in the unknown and that is where you will evolve and transform your spirit and help humanity do the same.

## How Your Body Talks To Your Brain

As soon as you get up in the morning **your body sends a signal** to your brain to have thoughts that release the same emotional chemicals you feel on a daily basis because that is what it knows.

Do you get on the scale first thing in the morning?

Do you feel anticipation of what it will say?

Do you put on clothes and your attention immediately goes to what you don't like about your body?

That all creates the same frustration, disappointment and shame you feel day in and day out and will forever keep you trying to lose weight!

Here are some **clues** to know if you are emotionally addicted to the feeling of struggling with your weight:

1. You think about your weight everyday
2. You sabotage yourself when you start to lose weight
3. It feels normal to dislike your body and struggle with your weight.
4. You feel like a failure with your weight
5. You have fear of not getting on the scale in the morning even though you hate it
6. You fear when you lose weight that you'll gain it back
7. You feel ashamed, embarrassed, guilty, frustrated and hopeless when it comes to your weight
8. You don't like having your picture taken, looking in the mirror, or being seen in public.

If this sounds familiar, your body is emotionally conditioned to **keep you struggling** with your weight and body image for the rest of your life!

This is the reason you sabotage yourself when you start to release weight.

Do you ever wonder why you start to get results on a diet or exercise program and then start thinking thoughts like, “I’ll work out tomorrow” or “I’ll start my diet in the morning so I can eat this cake right now”?

Self-sabotage doesn’t happen because you don’t have the “willpower” or “self-control” to stick with a program. It happens because every cell in your body is **comfortable** and **feels normal** struggling with your weight and disliking your body.

If you were to love your body and be at peace with your weight, it **wouldn’t feel normal**. It would actually feel wrong. It’s a feeling you haven’t felt long enough for your cells to feel comfortable.

This is why you sabotage all your weight loss efforts and go back to what feels “normal” in your body, which is the feeling of struggling with your weight.

Sound familiar?

The reason you become emotionally addicted to your feelings, thoughts, and behaviors is to make your life easier. If this didn’t happen, you would have to re-learn how to walk, tie your shoes, brush your hair and all the other normal activities you do.

If you have habits that keep you overweight, then your body is conditioned to repeat those habits unconsciously everyday.

For example, if you get home and go straight to the kitchen, get something to eat and then sit in front of the TV, and eat it, your body has memorized that pattern and is an addiction, or conditioning, in your body.

It’s like driving a car. After you learn, you don’t have to think about how you’re going to drive a car. You get in the driver’s seat and press on the break, then the gas, then the turn signal. It is your body’s conditioned actions not your conscious thought driving the car.

That is the same with the example of getting food and sitting in front of the TV. You don’t have to think about going to the kitchen and getting food. Your body’s conditioned to do it without your conscious thought. The actions of your body walking, opening the fridge, reaching to get a plate and going to sit, in the same spot on the couch, is all conditioned memorized patterns that you are addicted to.

It would feel uncomfortable and even wrong if you didn’t do the conditioned behavior because your body wants to repeat the same pattern everyday.

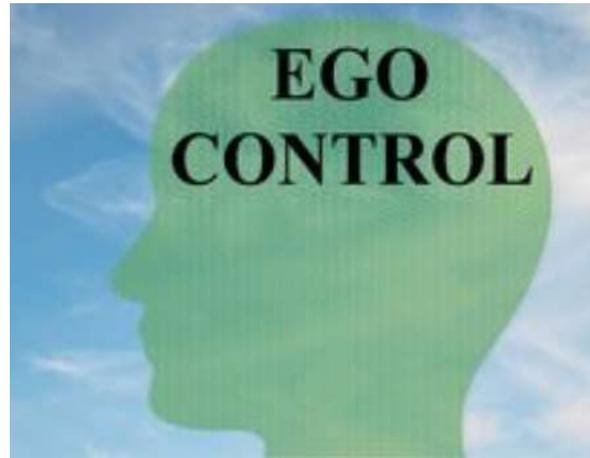
It would be like going to a different country and driving on the other side of the road. It just doesn’t feel right.

Again, this is why diets don’t work.

You are trying to change an addictive behavior without going to the source of the addiction. That is like an alcoholic trying to stop drinking by saying they are only going to drink healthy water from now on instead of booze. It will never work!

They are addicted to alcohol. It is a part of their identity and their body will unconsciously drive itself to the store to get alcohol before they realize they're there.

You are not only emotionally addicted to your behaviors by your ego, you are attached to that identity and will fight to keep it alive. It believes that is who you are.



I once told a client that she was not someone who struggled with her weight but someone who was addicted to the feeling of struggling with her weight.

She got angry and told me that she's struggled with her weight most of her life and that is who she is.

Can you see how her ego was attached to that identity?

The concept that she wasn't someone who struggled with her weight was foreign to her.

When she finally understood that she had emotional addictions that kept her overweight, relief and hope came over her. That started her journey toward new addictive emotions that led to freedom and peace with her body.

**This may shock you but your Ego wants you to be fat!**

Your ego has a stake in your being overweight and it will not want to change.

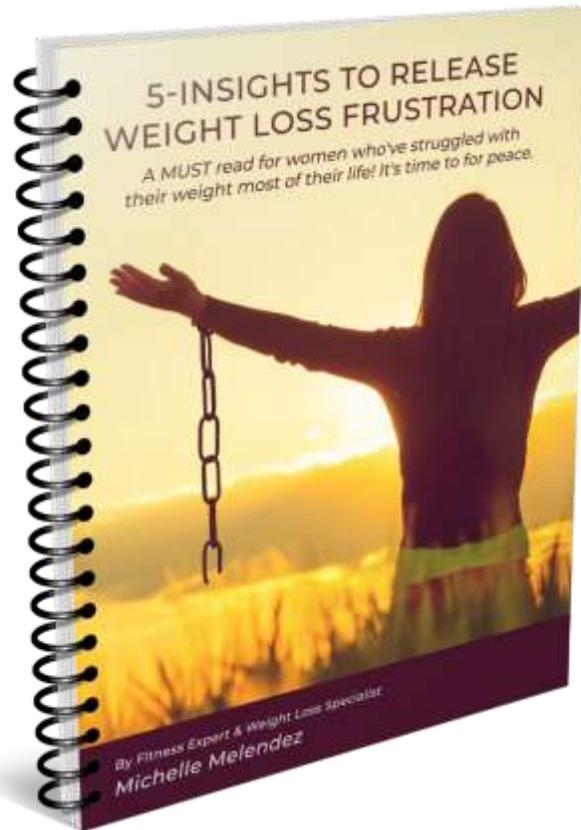
Do you know who you would be if you didn't struggle with your weight?

Your Ego is terrified of that unknown.

Are you ready to discover how to make it a lot easier to live in a body you love?

If what you've read so far inspires you and gives you hope that you can have the peace and freedom your weight, pre-order this book!

As a bonus for pre-ordering my book, you'll get **immediate** access to my eBook...



**In your Bonus eBook you'll discover...**

- 5-Insights trainers, doctors and nutritionist don't know that keep you struggling with your weight
- How your body sends signals to your brain to keep you overweight and why
- Easy practices you can do now to start to live in a body you love!

**[Pre-Order \*End Dieting Hell!\*](#)**  
**[Click Here](#)**

I'm thrilled to give you these insights!

Your Fitness & Weight Loss Ally,

*Michelle*

P.S. This book is for you if you're tired of trying every diet and exercise program out there and instead, are ready to find peace living in a body you love! You deserve that.

P. S.S. Want to talk live? Get on my calendar here <https://my.timetrade.com/book/GMJ3K> I'd love to chat with you! =)