

HOW TO IDENTIFY & RELEASE

Emotional Eating Triggers

Bianca: Eat the chocolate. Don't eat the chocolate. Go to the gym or press "snooze." When you're trying to get fit and healthy it's like there's an endless battle between the good voice and the bad voice in your head. If you've been struggling, then probably the bad voice has been winning more often than not. I'm Bianca Aiono and I'm the creator of the Gain Life Lose Weight Re-School. I help overachieving women shed their weight and spread their wings without hardcore dieting or punishing exercise. For this interview I brought one of my mentors and favorite people in the whole wide world, Kylie Ryan from My Mind Coach, to help me talk about the three biggest myths that keep you fighting yourself and self-sabotaging your ideal healthy body. Welcome, Kylie.

Kylie: Thank you. What a great introduction, B. You're one of my favorite people in the whole wide world too.

Bianca: Yay, yay, yay. Kylie is a weight loss motivation coach and hypnotherapist and kicked off her career with her own 30 kilogram weight loss transformation, so Kylie's like the personal trainer for your mind. Kylie specializes in helping women shift their diet mindset and create a healthy slim body sustainably. You're making lasting lifestyle changes and so you just start thinking like a slim person. Kylie has a very long and impressive list of accreditations including 10 years of cutting-edge mind coaching techniques like neurolinguistic programming that I just like to call "Jedi mind tricks."

Kylie, we're going to be sharing some really awesome content, and it's going to be helping you guys out there listening so that you can finally get off this weight loss roller coaster and stop postponing your happiness to some day in the future when you've finally lost the weight. If you want to bounce out of bed in the mornings, become more productive, and have the way that you look on the outside accurately reflect the kind of driven and disciplined woman you know you are on the inside, then you're going to get a lot out of this interview. Kylie, let's just give a quick overview of the three biggest myths that keep you fighting yourself and self-sabotaging your ideal healthy body.



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Kylie: The three biggest myths, they're so funny and they feel like they're true.

1. It's the myth that food is either good or bad,
2. the myth that you just need more willpower,
3. and the myth that losing weight is what makes you happy.

Bianca: They just sound like they're truths, don't they, to the average person.

Kylie: They sound like they're truths, yeah. To the regular person they sound like, "These are just truths. These are just reality." But in reality they are myths and they're myths that are keeping you stuck in an unhealthy, overweight body, or even a semi-healthy body that is just ... you're not happy with, that you're constantly not happy with and you constantly are fighting with yourself about. So that's the myths.

Bianca: These are just three key insights into how using NLP can give you a total overhaul on your body and your life. There's so much magic when you get to experience NLP for yourselves, so at the end of this call we're going to let you know how you can find out more about working with us in the future and experiencing the magic for yourself.

Kylie: Yay.

Bianca: Yay. Kyles, I thought we might sort of jump in and just share my story of how I discovered you. It was about maybe five years ago now. I was at the height of my on-again, off-again, on-again, off-again body sculpting: body sculpting champion six months of the year and then bingeing coach potato the other six months of the year. I Googled weight loss motivation because I knew absolutely everything that there was to know about diets. I just wanted somebody to tell me how to stick to one. I was getting ready for a show and I couldn't understand why I wasn't able to stick to my diet for longer than two weeks. It was like I would forget I was even on my diet until I was elbow-deep in rocky road ice cream.

Kyles, the biggest thing that you taught me back then was about the difference between my conscious mind and my subconscious mind. I was kind of going, "Why is it that I can consciously say all these affirmations that I brought in the mirror and I try and muscle myself with this willpower, but why can't I seem to stick to the diet?" What was your take on that?

Kylie: That you have a difference between your conscious mind and your subconscious mind and that your conscious mind was trying to get slim and wanting to win that fitness competition, but subconsciously you wanted to be overweight. For some reason you wanted to be overweight. You wanted to be eating that rocky road ice cream and if you try to consciously willpower your way through but subconsciously you want something else, then your subconscious mind is like way more powerful than your conscious mind. It's like an elephant and a rider. The rider isn't going to take that elephant where it doesn't want to go, so subconsciously, that's what's running your show really.

Bianca: Yeah. When we started working together I thought I was so broken. I was like, "Man, I'm going to need everything you've got. Give me 10 sessions. Give me the works." I ended up doing two. I think I did one and it completely set me off in a new direction. Then I came back like maybe six weeks later and did one more. It just catapulted me into a whole new area of awareness because that was how powerful it was for me when I started using NLP coaching to align my subconscious mind with my conscious mind. Do you remember that process that we did where I had to get like a mental picture of dieting in my mind?

Kylie: Yes, yes, I remember. You had this thing with the tumbleweeds. We just basically understood and worked out what was the movie in your mind that was playing when you thought about dieting. I love that it was such a really good visualization of what dieting is like, this idea of this black and white movie with

the road in the middle of nowhere. It's sad and the tumbleweeds going through.

Bianca: Like it was the Western standoff. When I thought about dieting I just thought this long, boring, black and white movie, this road going off into the horizon, and it was so lonely and boring and without comfort that there was just a tumbleweed that went across the street.

Kylie: That's what sticks in my mind. After all those years that's what sticks in my mind is your tumbleweed of dieting.

Bianca: Of course if that's what my subconscious thinks, that that's what I have to go through in order to be lean, of course I was fighting against that because who wants to be-

Kylie: Why would you want to do that?

Bianca: Exactly. What I actually wound of doing was somehow I got this picture of what I wanted my life to be more like, which was actually more like a roller coaster, where there are ups and there are downs, and there's lots of colour, and the scare bits are scary because they're going up, and the fun bits are fun because they're going down. It really allowed me to discard this idea that eating healthy was boring. I was only eating sweaty chicken and soggy broccoli that had been in my car for half the day. What really happened there that I was able to make this new equation that losing weight didn't have to be a black and white movie? It could be more about enjoying life and I could start experiencing happiness now instead of this future moments. What did we even do then?

Kylie: I'm pretty sure all we did was got clear on ... See, most people ... you came to me wanting to stick to a diet. I knew from having worked for years with people with diet mindsets that sticking to a diet is what you think you want, but what you actually want is the happiness that you think that diet is going to give you. When I was able to discover what you wanted, which is like the key NLP question, like, "What do you want? What do you want?" because most people are focused on what they don't want, and when you just switch that focus to what you do want and get clear on that what you actually wanted was fun and healthy and happiness, that you could go on this journey of health and make it more fun rather than this bleak deprivation of forcing your body to be leaner than it kind of naturally wanted to be.

Bianca: Yeah, and that's massive because my idea and my concept now, even what I thought my ideal body was, is actually really masculine, androgynous almost even. I'm half Samoan and we are strong genetically but also soft, so I ended up coming in there trying to help get you to like get me on stage, and get my accolades, and stop being on-again, off-again diet. What I

ended up doing was actually just retiring from body sculpting altogether because I got way more aligned, like a fast-track way to feeling better about myself and enjoying life today, and it didn't have to be something that I had to slug myself or deprive myself. Isn't that a weird paradigm? I thought that to be happy you have to be miserable.

Kylie: Yes. Exactly, and that whole body sculpting thing, it's driven by external validation, so it's like you get up on stage and someone says, "Yes! You win! You're lean enough to be acceptable." You can post all your pictures on Instagram and say, "Hey, look how great I am. Look how determined and disciplined I am." You think that that's going to get you happy, but in actual fact it doesn't most of the time. You can just be happy and healthy and love your body without needing to go through all of that misery to get there.

Bianca: That's right because that external validation happens ... you don't have to have a body sculpting competition experience to know what that feels like as well because someone might say, "You look fabulous and gorgeous!" The people who love you the most might say, "You look beautiful. You didn't even have to lose any weight and you still looked beautiful," but if you let those kind of comments lift you right up, it also means that somebody who says the opposite or even the internal voice on the inside that says the opposite ...

Kylie: Yeah

Bianca: You're on a kind of a-

Kylie: And you'll end up crashing down.

Bianca: Crashing down. Exactly. It's like this beast that never, ever is quenched, hungry beast that never stops, so it definitely wasn't a very practical way of me enjoying life and being a normal person. NLP for me, and thank you so much, Kylie, because I've also most recently, at the time of this recording, finished my NLP Master Practitioner certification.

Kylie: Yay.

Bianca: I kind of feel like why didn't we get taught this stuff about our subconscious mind and our conscious mind at school? For me to find out that your brain and your mind follow rules like our computers, like the body does, there's rules that happen and it works every time, and it can be really simple ...

Kylie: system.

Bianca: ... and instantaneous. For people out there who have been trying every single diet under the sun, what they've actually been doing is not trying a whole bunch of different approaches

of losing weight; they've just been trying to influence their environment or influence the symptom and never actually really approaching it from the root cause or the root condition, so I'm very excited to bring people this information. I think if you're listening this is really going to rock your world, so let's get stuck into this first myth, hey Kyles.

Kylie: Yeah, sure.

Myth #1, that food is either good or bad,

this is rife. This is rife everywhere. From all the diets all the way through time it's like, "This food is good." They've even got lists, like, "Broccoli is good. Boiled chicken is good. Fried chicken is bad." Yes, nutritionally-wise they give you a different result in your body, and that's true. Yes, there are some foods that will respond better for your health than others, but this whole idea of good or bad really just sets you up for a whole bunch of anxiety and stress. What it really means is that you've been ingrained with belief that the outside of your body, what your body looks like, can be manipulated by the food and exercise that you eat, when the outside of your body is really just a reflection of what's going on inside your body. This is really, really important. This is really, really important because when you change this myth, when you break this myth, you can eat whatever you want, and ...

Bianca: I can hear everybody writing out there going, "What? You can eat whatever you want?"

Kylie: You can eat whatever you want, and what happens is that when you start listening to your body rather than some diet guru saying, "Eat this or don't eat that," at the moment you're putting all the power in some diet guru that says, whether that be Pete Evans or Bethenny Frankel or whoever it is that's the latest diet guru of today, or Dr. Atkins, whatever that is, whoever that diet guru is you're saying, "They know my body better than I do, so I'm going to listen to their list, and I'm going to follow their rules to help me get slim and meet this society's ideal that I have to be skinny."

But what happens is when you take the "Food is good or bad" away and you just be like, "Food is food. All food is food. It's just calories," or, "It's just chocolate cake and chocolate cake is great," or, "It's a cup of tea," or, "It's fries," or, "It's broccoli and chicken," and all of those foods are on the scale of possibilities for you. You take away the restrictions; then your mind doesn't want to rebel. The minute you say, "You can't eat that," that's when you're like, "Never eat doughnuts again"; you're like, "Oh my God, I want a doughnut so bad right now. I wish you hadn't have said that."

Bianca: Even just bringing that up is what taught me about your subconscious mind, the way it works. If you say, "Don't eat doughnuts," yes, you might be rebelling, but also you're just implanting in your subconscious mind because your subconscious doesn't see negatives, so all it can hear is, "Eat doughnuts."

Kylie: "Eat doughnuts. Eat doughnuts."

Bianca: You're actually programming your mind to want to eat doughnuts every time you say, "Don't eat doughnuts."

Kylie: Yes. Every time you go past that cookie jar and you're like, "Don't eat the cookie. Don't eat the cookie," your mind is hearing, "Eat the cookie. Eat the cookie. Eat the cookie."

Bianca: What I've noticed is that people who are naturally slim can seem to eat whatever they want and it doesn't make a difference. People have said to me in opposing my ideas or my philosophy, our philosophies, that it's more about the feeling that you have about the food is more fattening than the food itself. I said, "There are people who are slim that eat whatever they want and still stay naturally slim." Then people say, "Aw, but it catches up with them," or, "It's genetics." You're like, "Actually, their genetics stay the same throughout their whole entire life, and if it catches up with them, that wouldn't actually be saying that it catches up with them like the amount of food that you ... It's not like a tsunami, that everything that you ate from the ages of 10 to 30 suddenly gets deposited on your body from 40 to 50." What changes is your hormones and your hormone structure.

If someone can be naturally slim in the start of their life and then when they hit 40 or 50 then it starts changing, what's actually changing is not the genetics; it's the hormonal structure and the hormonal instructions that your body and your subconscious mind is delivering out to the conscious mind.

Kylie: Yes, and it's from that, just from the different stages of life, and that food that you've eaten can influence that for sure, for sure, but you find that people that are naturally slim, that really do just have this idea of "Food is food," they, instead of listening to some guru that says the food is good or bad, they listen to their bodies. They listen to their bodies, so instead of being like, "I'm not going to eat chips because so-and-so, because Pete Evans says it's bad," I'm going to have some chips, and I go, "You know what? When I eat chips I feel a bit sluggish, so maybe I'll just have a couple and I'll have some broccoli with it because I know the broccoli makes me feel good, but I really like the taste of chips, so I'm going to have a couple of chips, but I'm also going to have the broccoli."

You can start to make your own decisions and have your own power around food. You find that naturally slim people do tend to make healthier choices more often because they allow themselves to have a little bit of cake or a little bit of chips, and they don't have that restriction so they don't binge.

Bianca: I like one of your blogs where you said, "Everything after 'Fuck it' is a bad idea."

Kylie: Is a bad idea. Like I tell you, I've made plenty of those "Fuck it" eating decisions and quite a few "Fuck it" buying decisions. "Aw, fuck it. I'm just going to buy this jacket. It's great." Then you're like, "Oh my God, why did I buy that? Can I return it? Oh, no, I'm too ashamed. I'll just hide it at the back of my cupboard and pretend that someone gave it to me." It's a bad idea. It's because that "Fuck it" is your conscious mind knows that there's repercussions that come with this, but you don't want to deal with them, and so it says, "Fuck it. Fuck the repercussions. Fuck the consequences. I'm just going to have it now because it feels good right now."

Bianca: I even notice with people who do those massive online 12-week challenges, where they set the menu for you and you think, "Are there 10,000 people all across the world or Australia or whatever, and they're all supposed to be eating the same thing for breakfast, the same thing for morning tea, the same thing for lunch, and then living out of a recipe book and never having to do these complicated menus?" Leftovers is a massive part in anybody's lifestyle change, eating leftovers and doing things easily, so if you think, "Why does one person, one celebrity trainer, have such insight into 10,000 people's different genetic makeups and lifestyles and family, home situations?" when you think about it on a big scale it just doesn't make sense, but we've been so conditioned to disempower ourselves and to trust that somebody else must know better about our bodies that we've never met. We've been so conditioned to think that food is either good or bad people love the meal plans. They're like, "Just tell me exactly what to eat." That's why-

Kylie: They love it, yeah, because it's certainty.

Bianca: But that's why I end up being elbow-deep in the rocky road ice cream because you're not following what your body actually wants, and you'll do a "Fuck it."

Kylie: Yeah, and then you do a "Fuck it" because you're not listening to what your body wants. You're following someone else's rules about trying to get skinny or something, so you're not listening to your body. You're not listening to what your body wants, so it rebels, and then your unconscious mind takes over, and you're like, "I'm knee-deep in or elbow-deep in rocky road ice cream

now because my unconscious mind has taken over." It's like the knockout reflex.

Bianca: I'm just still stuck in being knee-deep in the rocky road ice cream. My subconscious mind is still thinking yessss good idea!

Kylie: "Yes, tasty."

Bianca: Tell us what is the real universal truth behind this myth.

Kylie: **That you can make the healthy choice and you don't have to have the guilty repercussions.** When you take away this idea that food is either good or bad, and food is just food, and certain foods have a certain response on your body and certain foods have a different response with your body; certain foods might respond well and certain foods don't respond well, but that's different for everybody, so the truth is that your healthy choice is the one that doesn't have the guilty repercussions for you and the one that doesn't make you feel bad in your body. Some foods just actually, when you listen to your body and you tune into the feelings of your body, it actually feels bad. It tells you. You know that cheap chocolate? It feels kind of icky in your mouth. It kind of makes you teeth curl.

Sometimes you have to like eat well for a while in order to get that sensitivity back if you've been filling yourself with just whatever for so long, but it's really about listening to what is it that makes my body feel good, and feel good physically and feel good emotionally? I'm eating that healthy food be- ... I'm eating that beautiful pasta but I'm also maybe having a smaller serve of pasta and a bigger serve of the sauce with lots of vegetables in it because it makes me feel good, not because so-and-so told me to. If I eat it and I feel like I want seconds, then I go back for seconds, and no big deal. There's not big drama about it. You just eat what your body wants to eat.

Bianca: Yeah, and you'll find that the more present you are whilst you eat and the more you enjoy it and not try to think, "How am I going to burn this off?" or, "I shouldn't be eating this," you just eat it and enjoy it. You're probably going to take longer. You're not going to be as distracted. You only have to wait 10 more minutes and your body will kick in and go ... your internal satiety factor will kick in, and your body be like, "I don't actually need that second helping."

Kylie: Yeah, "I feel good," so yeah, having that ... being really present and mindful and eating, chewing your food and really enjoying it and being present with it rather than scoffing down mindlessly, that's the key, and really enjoying and being present with your food because when you've got that good/bad thing too you're like, "I've got to eat it in secret. I'm going to eat it at the fridge while it's kind of ... the fridge door is half closed and no one can see me. I'm going to hide in the kitchen and eat the

chocolate away from my kids so they won't see me." Then you just scoff it down. You don't actually enjoy it. Then it's got all that guilty repercussions and all the stress hormones, but you see it and you honor the food, and you eat it, and you chew it, and you give it the respect that it deserves; then it's going to respect your body in the same way.

Bianca: Yeah, I think also what you're talking about, the mindfulness, and working with you for the last few years I have really been able to increase my mindfulness with my eating. The NPL certification actually allowed me to work on this. Some of the hang-ups that I've had with my food, some of the food rules that I've still kept going even though I've let go of body sculpting, where I brought to you this issue that I had where I felt like every time I was making a meal, especially if I was on my bench where I used to make my body sculpting meals, if I put too much fruit in my head maybe, just a little bit more fruit than perhaps was "right" because somewhere underneath my subconscious mind there was still a bit of an anxiety and unease. I knew this stuff consciously but it's like my subconscious hadn't completely come on onboard yet.

Kylie: Still had some rules in there.

Bianca: Yes.

Kylie: Still had some rules in there, some leftover rules.

Bianca: Totally, so I would find myself kind of get in my throat or my heart, or my chest, I'd be *gasp* just take a little breath back and I know how much it's not the food that makes you fat; it's how you feel about the food. We worked on this as like a negative anchor that I had with this food and with preparation because I was just ... I think when I tracked back and I was aware of what the thoughts were going on, it was like, "I hope I'm not making a wrong choice here." That was what my subconscious program was. Can you explain to me what is going on here?

Kylie: Yes, what happened, B, was that you were anchored into anxiety in your kitchen with food prep because your food prep had always been about rules, and counting calories, and counting macros, and weighing your fruit and stuff, and like not eating too many grapes, and half a banana. Then when you started to eat normally that anchoring of that experience was still in there inside that environment, so anchoring is all around us. What happens is that it's a connection between some kind of physical stimulus and a state or something that happens in our body. A really simple example is the traffic lights. A traffic light is just anchored for you to put your foot on the break. You don't need to see a red traffic light and go, "Oh, what does that mean? Oh, it means I have to stop and think about it, and then

go, 'Oh, I've got to break. Put my foot down.'" If you had to think about that you would crash like 100% of the time.

From learning driving, then seeing that red light just is immediately anchored that you see that light and you put your foot on the break. Anchors are like that, so they bypass your conscious awareness. It's a physical reaction that happens as a result of some kind of stimulus. You had a stimulus of being in your kitchen that created this anxiety around food because you had done it so often you had created this anchor of being anxious and kind of just weighing and measuring your food so often with the body sculpting that it was kind of left over in your kitchen. That idea was left over in your kitchen, so we had to break that down.

Bianca: We did this really awesome timeline process where we just asked my subconscious mind to go back to the first event that I ever was worried about being wrong or making this wrong choice or this right choice. What's really cool about this is that when you're going on your mind's eye, in your mind's eye, about your perception of what the past is and the future, it's all really conjecture. There's no right or wrong and you just let your mind kind of ... It's like a dream, just like a day dream.

Kylie: It is like a day dream.

Bianca: Yeah, yeah, yeah, and it just said, "Take me to this spot," and I just let my mind carry me, and I just had this really cool imagery, and if anybody has ever seen the Fatboy Slim Right Here, Right Now film clip where it tracks the evolution from us when we were like amoebas, and then into amphibians, and then running up into the ground, and then dinosaurs, and then all the way up to just a fat dude that says, "I'm #1, so why try harder?"

Kylie: I love that one.

Bianca: Yeah, so it was like my subconscious mind spoke to me and brought up some imagery that was somewhere in the depths of my mind that I could relate to, and I went to what I thought was the birth of consciousness on this, and I don't really talk about this in normal everyday life. I thought, "Okay, this is like a picture of the evolution of time, and now we're in the Adam and Eve and we've been faced with choices." It's like this wisdom that came from my higher self, my ... You know how sometimes you can hear yourself giving advice to other people and you're like, "Where did that come from? I really should take my own advice."

Kylie: "That's really good advice. I should really be listening. I should write that down."

Bianca: Exactly. It's like I was experiencing this moral of the story and actually being able to take it on because I said to myself, "Oh, so when there was the birth of consciousness and you had choice then there's probably a pretty big opportunity that you're going to make the wrong choice because choice has options. That allowed me, in that instant moment, allowed me to make peace that I'm probably going to make the wrong choice a lot. Then the next little learning from that was that if I've made the wrong choice it probably means it's not done yet, and there's probably a right choice that's going to happen in the next little ... that I've just got to discover. When you think about this whole existence that we're here on this earth, isn't it just about following the journey of choices: Make a choice. See what happens?"

Kylie: Yes.

Bianca: Make that one or don't. Learn from it and then move on.

Kylie: It's learning.

Bianca: So just realizing that we're here for a journey of choices, and that stopped me from thinking that being slim was so fantastic and being fat was so horrible. That just allowed me to have like a neutral emotional charge around it. I was like of like, "Meh, meh, whatever," and that actually just obliterated so many of the food rules that I have around ... Someone was asking me, "What's going to be one of your healthy habits you're going to implement for this week?" I had nothing to draw upon because I don't have food rules now, and that happened instantaneously. How come people don't know this stuff? How come we weren't allowed to experience that subconscious wisdom?

Kylie: Yeah, it's so powerful, and there's a bunch of reasons why it's not being trained in schools yet, but there are a few really great people who are bringing it to schools and bringing it into the kind of public sphere more and more now so that more and more people are getting to understand NLP is really like the user manual for your brain. If you were given a user manual for like *Your Brain For Dummies*, you know, those silly books with the yellow covers, if you had the user manual for your brain, how much better would you be able to create results for your life, and be happy, and have success? That's really what NLP is.

Bianca: Yeah, and I think sometimes for some people who may have heard it before, like Anthony Robbins, Tony Robbins, is a big kingpin of NLP, but then there's also people who equate it to sleazy sales techniques or pickup techniques. I think that the reason that NLP has been so powerful for me has been that it actually gives me a manual for how my brain works, and it gives me immediate changes. So I really don't need to know about

the history of NLP or anything like that because it's giving me such massive amounts of freedom, and it just seems to work instantaneously, and it seems to have ... It doesn't discern between who it's going to work for or not. Actually it gives everybody a level of understanding and freedom.

Kylie: Yes, absolutely, and that's the thing is it's a tool. It's a super-powerful tool. In the past, yeah, there might have been some dodgy people that have done some dodgy thing with it but this super-powerful tool, we can use this for incredible positive results in our own lives and in others' lives, and that's incredible. We need to focus on the results that we can get.

Bianca: Cool, and at the end of this call we're also going to show people how they can experience the NLP coaching for themselves as well as, Kylie, you've got an intake coming up soon for people who can be trained by you in your awesome program...

Kylie: ... if they're keen to really learn and dive into it, yeah, absolutely.

Bianca: All right, let's jump into the second myth.

Kylie: Yeah, second myth. **The second myth is Michelle Bridges' favorite four letters, that you just need to JFDI and use more willpower to stop eating chocolate or drinking wine or eating chips or whatever your food of choice is.**

Bianca: Just wondering, so if anyone who doesn't know what JFDI is, so obviously JDI means Just Do It with Nike, and JFDI is Just Fucking Do It. This has really appealed to a lot of people. For a lot of people this is a really inspirational thing. They're like, "JFDI. Just get up off the couch and JFDI." Why is it so appealing, and then why is it also so harmful?

Kylie: It's like all things, Bianca. It's like there's good and bad in all things. Even in broccoli there's nutrients and there's antinutrients. In JFDI there's positive things about it and there's negative things about it. There's things that will be positive and things that will be harmful. JFDI can be inspiring for a lot of people to just take action, and that's great. If they're just taking action and it's getting them to move towards their goals, that is awesome. It's just getting them moving. It's getting them to start taking action for their goals. Where it is dangerous is this idea that you just need to willpower it through, and people are using it to

Bianca: If it's not working.

Kylie: Yeah.

Bianca: If it's not working you just got to JFDI. You got to push harder. It means you're not pushing hard enough.

Kylie: Yeah, keep doing it harder. Just use more willpower. Michelle uses that ... I heard her talk about on one of her mindset sessions about if your inner Labrador is barking for chocolate then just stick it in the corner and don't listen to your Labrador. Just use more willpower. Just don't eat it

Aw, that's really sad. That's really sad, so this idea of white-knuckling it through and using more willpower to stop eating chocolate or to follow the meal plan or follow the diet plan, it's not helping. We all know that willpower doesn't work, and that's because we run out of willpower. It's this all-or-nothing thinking, like, "I have to do it all or none of it's going to work," when in actuality it's just about making progress, and a little bit of good, a little bit of bad in inverted commas, like, "Whatever."

Bianca: Totally, because that was the all-or-nothing mindset I had with the Western tumbleweeds, so if people-

Kylie: Yes.

Bianca: If your subconscious mind, and it's like just listening there. It's like taking note- ... Those funny ... you know when they do the three genie wishes and you always made the wish a little bit wrong because the genie has taken it absolutely literally?

Kylie: Yes.

Bianca: It's like the subconscious is like that genie.

Kylie: That's what it is, yeah. It's literal, totally literal. Yes, absolutely.

Bianca: So if you're saying, "Put your Labrador, your inner Labrador, in the corner, well Labradors are really lovable, so first of all, you've just said part of you is a dog. Second of all, you just put the most lovable creature who just wants to have fun and lick you to death in the corner and ignore it, so if your subconscious is going, "You should ignore anything that's lovable and fun and wants to give you comfort, then you're just giving yourself a black and white Western movie and tumbleweed.

Kylie: Exactly, and why would you want that? Then your inner teenager is going to be like, "Fuck that. I'm going to eat that chocolate." Yeah, so it sets up this paradigm of perfection, and pushing, and trying to do it the hard way, that it needs to be hard. The problem is with JFDI is that it needs to be really hard, and that eventually you will run out of willpower. You will run out of willpower.

Bianca: Yeah, I've had actually a client. She's a friend as well. She invited us out for dinner, and she was on a real restriction diet. I call it an "elimination process" where we're just allowing our body to return back to its state, and just see, and just test and see what it's like to take these foods out. She was really committed and

she was really gorgeous. She brought along ... Normally she would have had a cider, a strawberry cider. Instead she brought along strawberries in a Glad wrap, in a sealable bag, and had the cut strawberries and had a mineral water; put the strawberries in there and she asked for the chicken without any ... the steamed vegetables with no sauce.

You could just tell. Everyone was eating pasta and pizza around her and she was just prepared. She had stocked herself up for it. She was absolutely golden. She was like, "It's not even hard," and then I caught up with her the next day and she was like, "Aw yeah. I was just at home today. I felt so good the night before, and a Toblerone accidentally fell into my mouth." I've seen that time and time again. People put on such amount of effort of being really strict, and it can just even be something like unplanned. As soon as you're not on your guard completely, it's like it fell into your mouth. It literally would have fallen into your mouth if 90% of your subconscious mind finally gets to break through your 10% of your conscious mind. You've got a really great analogy for how that works.

Kylie: Yeah, it's a really great one. Your conscious mind is just like the tip of the iceberg. If you think about those icebergs, there's just a teeny-tiny tip, and there's so much underneath, bring-down-the-Titanic kind of power that is underneath the ocean that you can't see, that is being influenced by the currents that you can't see as well. There's all of that power, and that's like in 90% of your mind is like the iceberg under the water, and that little 10% that you're thinking about that's all your stories, and self-talk, and all of the believes and things that you're thinking about, that's just the teeny-tiny tip of the iceberg. That's the bit you know about, but there's a whole 90% of your brain that's running the show that you're not even aware of.

Bianca: So if you've got some kind of subconscious program that sees a lot of benefits from you eating the Toblerone, then it's almost like you're on a homing device. No matter how much you try and do all these distraction techniques you're not going to

Kylie: Yeah, you're not going to win because no matter how much you try to willpower it through, because willpower is conscious, right? Willpower is just using that 10% of your mind, and willpower runs out. There is a huge study that's just been done around decision fatigue. I won't bore you with the details of this study but the idea is that it's like a battery charge. Your willpower is like a battery. You go to sleep at night and you wake up in the morning, and your willpower is all charged up. Then you go through the day and you use your willpower, and your willpower is just the power to make decisions. Every time you make a decision you're sapping your willpower, and so if you're making heaps of decisions at work, you're under a lot of stress, and you're constantly ... If you're on a diet and you're like,

"I don't want to eat the cookie. I'm not going to eat the cookie. I'm not going to eat the cookie," every time you think that that's a decision that's sapping your battery charge.

When your client was out there having her strawberries and her soda water, she was consciously trying to do that. Then at the end of the day or the next day her unconscious mind took over because her willpower, her conscious willpower, had run out. Her battery is empty, and then her unconscious takes over, and that's when the Toblerone accidentally falls into your mouth. It's like if your body wants those extra calories or wants that chocolate for some unconscious reason, which we can discover and shift, then if your unconscious wants that Toblerone it's going to get it. As soon as you run out of that willpower then it's on. It's on like Donkey Kong.

Bianca: Totally. I've even gotten to the end of the day before and just said, "I've run out of decisions. I've reached my decision-making quota today. If you ask me anything my niceness tank is completely depleted right now. I do not take any responsibility for the snappiness, bitchiness that comes out of my mouth from here. My decision-making quota is reached. You're all being warned."

Kylie: You've all felt that at the end of the day when you just feel sapped. Your brain is like mush, and you're like, "Someone could sell me anything right now or they could sell me nothing because I'd be just like, 'No, I don't care because the best thing in the world, I'm not interested. I don't even want to hear about it. No.'" "I want to give you a million dollars." "No, I don't care. Just leave me alone."

Bianca: That's what I see. I've had a close friend before. She went on a fish, broccoli, and coconut oil diet, and oats. That's all she ate. She demanded that, so it was my trainer that gave it to her, and my trainer is freakin' awesome, but this is what she wanted. Jess, let's call her "Jess," Jess was like, "I just know all I need to do is eight weeks of this and then I'll have my ideal body, and that will be it. Then I'll be done. I don't have to worry about it again." It got to the point she lasted for five weeks. She looked freakin' amazing, but she lasted for five weeks, and then I went over to her place, and I saw she'd eaten a whole jar of peanut butter.

She had actually used five weeks of this battery power, and it pretty much took her about two to three years to ever get her battery back up again. I think a lot of people can relate to this because it might take years for you to finally feel like you haven't zapped your self-belief that you can even follow through because everything that you think is kind of we've been taught that it's hard and you got to use willpower. We've never been really conditioned that you can just make small

changes over time, feel better about yourself right now. You don't even have to lose any weight. We don't get taught that at all, so I think-

Kylie: Yeah, you might not have to lose weight at all. You can just be happy in your body right now. What a revelation.

Bianca: That would not make much money. That wouldn't be much of an infomercial.

Kylie: Maybe we're in the wrong business, Bianca.

Bianca: "But wait! There's more!"

Kylie: We're teaching people the truth. We're teaching people the truth.

Bianca: Yeah, and that's why I say to people when they get my re-school program versus buying something like Isagenix, like a shake diet, you will only get results from the shake diet for as long as you continue to pay for the shake diet. When you educate yourself it's like you're taking the blue pill out of The Matrix and you never, ever ... You've rung a bell. You can never unring the bell. You can never, ever go back that way of realizing that, "Oh, I have to punish myself healthy." You now are free of that, so-

Kylie: Yeah, it's never going to work again. You're never going to buy into that idea that I have to punish myself and be miserable so that I can get to some number on the scale and then I'll be happy. Then like the heavens will open. The angels will appear, and suddenly I'll be happy with my body. It just doesn't work that way.

Bianca: Do you know what's so cool is even people, when they're listening to this interview and having these new paradigms being told to them and a new way, your subconscious mind is listening to this and that white-knuckle grip is loosening, so you're getting mind/body weight loss results right now just from listening to this.

Kylie: Yeah, it's planting the seeds of success for you. It's planting the seeds of those ideas, and maybe those ideas will flower for you tonight or tomorrow, or maybe it's two years from now, or three years, but it doesn't matter. We know that it's giving you the ideas that when it's right for you to take action on them now, then you can do that, so that will be great. Yeah,

Bianca: I think what ends up happening is you start losing the white-knuckle grip. You become more educated. You see how wily the slick marketing is that tells you you're going to be happy once you lose this weight, and you let go of it, but you may not

necessarily have the right information about how to honor your body because you're flooded every day about, "This food is good. This food is bad," so sometime if you-

Kylie: Yeah, it's all over the media.

Bianca: Exactly, so that's why when you do latch onto somebody like myself or Kylie's self, or there's a whole bunch of other people who promote nonrestrictive and non-diet weight loss, and you get those recipes ... Sorry, not "recipes"; it's a recipe for success. It's a recipe for ... It's a system for your transformation. That has helped you fast-track it. Reaching out for a mentor like either me or Kylie helps you fast-track it, so let go. Stop white-knuckling. Let go of that idea that you have to punish yourself healthy and just know that just in letting go doesn't automatically mean that you've got the whole piece of the jigsaw puzzle, but you're totally on the right path.

Kylie: Exactly, exactly, and I think a lot of people are almost afraid to let go because they think they're going to put on more weight. When they let go, but the truth is that, yes, maybe in a very small instance of cases if you've been really super restrictive and you let go you might put on a teeny-tiny bit, but in the long run your body is going to be so much happier, and it's going shed that weight again when you come back into your homeostasis. Your body wants ... it's seeking homeostasis. It wants to be in balance, so if you're underweight and you've been dieting to try to force your body to be underweight, sure you might put on a bit of weight, but you're going to be so much happier.

Bianca: Yeah, and you see that. What I probably more see is that people who might be white-knuckling it; they relax a bit

Kylie: And then they lose weight.

Bianca: Well, they might actually jump up a few kilos, but they actually don't feel as bad because they're doing the mindset work. They're actually going, "You know what? This is okay. This is what my body wants." Then they might contact me six months down the track and they're like, "Oh my God, I've got a new partner. My job's going awesome. I'm loving life. My life is so completely different now. Oh, and by the way, I've lost 15 kilos." You know?

Kylie: Yes.

Bianca: It's a P.S.

Kylie: It's an "Oh, and by the way, P.S." Exactly, and, "I didn't even diet. I didn't even have to think about it." It's that once you let go of that stress, it's like trust. Trust in your body. Trust in your body. It wants to be healthy, so once you let go of the diet dogma, and you let go of the formulas and listen to your body, it will come into homeostasis. Yeah, there might be a little road to get there,

but it's exactly like that. It's that story that, "Yeah, my whole life is in order, and P.S., I lost 15 kilos."

Bianca: Your body is regenerating every microsecond of the day. You're blinking your eyes. You're breathing your lungs. You're going to sleep and you're regenerating. All these things are happening unconsciously to help you keep on walking around on two feet. It's this thing of like nobody makes any money out of you believing that your body has an innate wisdom that can heal itself. Resist, persist. Stop pushing so hard against it. Stop trying so hard and let your body take over. Give her the nourishment that she needs. Give her the rest. Start listening to her, and it all starts looking after itself, so it should be like JSI, so Just Stop It, or JGWI, Just Go With It.

Kylie: Yeah, yeah, yeah, yeah, just go with it. Just go with the flow. Just breathe.

Bianca: Just for anyone listening, Kylie and I think we're pretty awesome, so you get us rabbiting on about this stuff. We just totally take the ball and run with it, but we hope you're getting lots of value from this because we're having a lot of fun delivering it to you too. Let's jump into the third myth, Kylie.

Kylie: **Myth #3, which is one of my favorite myths, it's the you'll be happy once you've lost the weight.** It's that, "I'll be happy when: I'll be happy when I've lost the weight," and this is like not just for weight loss but this is for all other things as well. It's like, "I'll be happy when I have a partner. I'll be happy when I make \$10,000 or \$15,000 or \$100,000." It's that, "I'll be happy when." With weight loss it means that you're putting off your happiness to reach some kind of mythical goal point when you're going to give yourself permission to be happy. It also means that your unconscious is getting a payoff from remaining overweight because you're pushing towards weight loss but you're not getting there, so it's like you're swimming upstream.

If you've ever been caught in a rip and you're like swimming against the rip, no matter how hard you swim against that rip, that rip is too powerful and it's pushing you back, so you got to swim with the stream for a bit. Your unconscious is getting that payoff from staying fat, and that means that there's lots of stuff going on beneath the surface around this idea that, "I'll be happy once I lose the weight."

Bianca: That's quite a new instance, a new idea for a lot of people going, "What? I didn't get a payoff. What do you mean a 'payoff'? What? You're saying that I get a benefit from staying fat? I don't want to be fat. I want ..."

Kylie: Yeah, exactly. "What? That doesn't even make any sense. Why would I be getting a benefit from staying fat?" It's this

conscious/unconscious like going in the opposite direction, so consciously you want to lose weight, and consciously you think that losing weight is good, right? But unconsciously you only need to turn on the news to think about all of the horrible stories that you hear about. You think about wars or the poor girl the other day that got murdered by her husband, and the other one that got thrown off the balcony. Sometimes, and these kinds of things, these kinds of trauma, that we experience, even if we're just watching it on the news, it goes into our unconscious minds or, "Oh, maybe being slim and attractive is not safe. Maybe being slim and attractive I'm going to get leered at by that creepy guy at work, or maybe being slim and attractive, I'm going to be really ... I'll have to get out there with my business. I'll have no more excuses."

It's like, "Once I lose the weight then I'll start the business. Then I'll find the man of my dreams. Then I'll do this. Then I'll do that," so the weight is this barrier that stops you from having to fulfill all of those other ideas about yourself as well. It keeps you safe. It keeps you safe.

Bianca: Yeah, like if you start looking at the positives and the benefits that you get from being overweight, people like, "Oh, there are no benefits!" but it might be even like you, instead of going out on the weekends, you actually stay at home, and you stay in comfortable tracky dacks, and you get to watch really cool movies, or you get to spend time with your nephews and eat chocolate. You know?

Kylie: Yeah.

Bianca: They're kind of the positives that you start ... that you don't realize that you don't ever have to put yourself out of the box. You don't have to put yourself out there. You don't have the fear of rejection. You don't have to punish yourself healthy. For some people, if they've been overweight they've been the funny girl. They've been the smart girl. They can identify with another part of themselves that makes them special in another way: "I'm fat but I don't care. I'm fat but I'm funny." So there's a reason. If there's 90% of your mind is controlled by your subconscious, and you are overweight and you are doing these behaviors day in, day out, that means that there's a massive benefit that you're getting. The benefits are far outweighing the costs.

Kylie: Far outweighing the costs. Exactly, exactly, and that's, especially talking to women about weight loss, we've had 2,000 years of a male view of the world basically and women being sexualized in the media and all through time, so this idea of being overweight is comforting on the conscious level of, "Yes, I get to eat the chocolate," and, "Yes, I don't have to get up early and go to a spin class," which is fun. You get to stay in bed and snuggle, but on an unconscious level, on a deeper bit underneath the

iceberg, there's also that idea that you're playing it safe, that maybe you won't be seen; maybe you won't be in danger; maybe you won't be attacked.

Thirty percent of women in the world have experienced some kind of violence or trauma of some kind. That's just the statistic, so one in three women listening to this will have a real experience of trauma of some kind. I find that trauma and weight are inextricably linked because your body, from a stress hormone perspective, wants to put on the weight to protect you, and then from an unconscious perspective of like trying to be safe, trying to be a bit more invisible. What better way to become invisible in a highly sexualized world of slim and sexy kind of marketing messages, is to put on a bit of weight unconsciously.

Bianca: I've written about this before on my blog, and *The Day I Stopped Being a Victim of Sexual Assault* was one of my articles from an attack that I had when I was 11. This was a couple of years ago when it was New Years Eve. I had a girlfriend. We're all sort of mucking around in the shallows, and I had this really fit friend running after me, telling me that I had to take my bra and my undies off and run and do a nudie run with her, and I kept running and running-

Kylie: This was when you were an adult, right, not when you're 11?

Bianca: Yeah, no.

Kylie: Just clarifying.

Bianca: No, this is me as an adult, just a couple of years ago, and I didn't realize how much this thing that had happened to me when I was 11 was still so easily accessible by my mind because when I'm dodging and weaving my friend, and she's not giving up, and then finally she grabbed onto my bra, and I panicked in that moment. I said "no," and in my mind I said, "No, you don't understand. I've had this thing happen to me. I'm a victim," and when I saw her ... That happened, and it was a really funny story because she ripped my bra off and then she said, "You've got lovely little boobies," and poked me in the chest, and totally objectified me, but the world didn't swallow me up. Nothing bad happened, and I ran around, and there was fireworks, and I had this great time.

That was a really massive unlinking of the chain for me, that I didn't realize as a 32-year-old woman that the sting was still defining me. I was like, "Don't do that because I'm a victim." We've kind of explored this idea that sometimes you can kind of feel like, "Oh, it's that old thing again." This doesn't mean that you'll always have to be labeled by your stories.

Kylie: Not at all.

- Bianca: I think you just come back to them. It's like peeling back an onion. You go back to those ideas between the ages of three and seven, or when's your imprinting age?
- Kylie: Zero and seven is your imprint stage, and that's when you're just like a little sponge. You're just taking in everything. You've got no filters, so everything that's happened to you between zero and seven is imprinted in your unconscious mind, and you've got no way of saying, "This is right or wrong," or, "This is good or bad." It just all goes in and becomes a part of like the operating system influence.
- Bianca: That's right, and it doesn't mean that you have to have had some trauma actually happen to you.
- Kylie: No, not necessarily at all. It could be in your family. A trauma could just be experiencing someone down the street that you heard about that had something happen, or you hear about something; you see it on the news, or your Great Aunt Mable had something happen to her that you hear about, or that's in your genetic makeup. Trauma comes through a lot of ways.
- Bianca: I remembered me at the age of 11 that this thing happened to me, and I said, "Right, that's God telling me I've got to be more careful around men because I'm only one step away, one bad decision away, from being raped and murdered." That's what my 11-year-old brain thought at that time. I do actually remember having those fears when I was about seven because I used to walk the wrong way home sometimes, so that would have been mom telling me, "Watch out. The bad men will get you." So I kind of-
- Kylie: That's parents trying to keep you safe, but it all goes into your mind. In some ways you do need to be aware obviously. There are people in the world that aren't right in the head that do crazy things to people, but they are in the minority, and keeping yourself overweight does not make you safer.
- Bianca: Totally.
- Kylie: Keeping yourself overweight does not make you safer. Keeping yourself empowered and strong and aware of your surroundings absolutely makes you stronger and keeps you safe. But just keeping weight on doesn't necessarily make you safe.
- Bianca: Yeah, and I think when you bring these subconscious thoughts into your conscious mind, they're the decisions that you made as a seven-year-old or as a four-year-old. They go, "That sounds a bit silly," and you can bust through these beliefs with these awesome NLP processes, and they no longer have any power over you. I was so surprised and stunned at how many different parts of my life this had spilled out into, so one of the processes

that we did, I said, "Yeah, you know, I'm actually not very good at taking compliments." Like, I will say, "Thank you very much for the compliment," but in my mind I'm kind of putting up a bit of a wall. I was like, "Everyone else can be beautiful." I will call people beautiful and amazing and incredible and mean it, but if somebody says it to me I'm like, "No, that's gross."

We did this process where we said about ... we started changing the anchors about why did I feel gross and disgusting when someone told me I was beautiful? We tracked back in this process that let your subconscious mind go to this first instance where you got a compliment. It doesn't even make sense but my mind, many, many years, over two decades later, went back to that incident where I was in a toilet and a man came up and approached me and assaulted me, and I ran away screaming. I totally consciously think that I'm a real trooper and I'm a protector of all women. I didn't really think that there was any trauma. My mind went straight there, and then we did this little anchoring exercise, and I burst into full-on, sobbing tears. That was even hard for me to do that in front of you, Kylie, in front of the girls that were in the class because I don't do that. It was at the drop of a hat I accessed this emotional trauma that had been buried in my subconscious for such a long time, but-

Kylie: Because it's in your body. It was in your body.

Bianca: Yeah, so if I'm going around thinking that it's not safe to get attention and it's not safe to receive compliments, of course my body is going to be guiding me. My hormones are going to be guiding me to keep me heavier and at a weight, an emotional setpoint with my weight, and so we did this really awesome process, which was so simple because it's just kind of like addressing that part of your subconscious mind. You've made it conscious, and I could go to my 11-year-old self and go, "It's okay. You're safe now. I'm looking after you." We replaced that feeling of feeling gross and disgusting and we anchored it in with a really positive experience of me getting married. It was the most beautiful safe experience and it's like you were in a love bubble for a couple of weeks.

Then we said, "Okay, let's future-pace this. Let's think about a time that maybe in the future you might have felt uncomfortable about having a compliment," and they said, "What do you feel differently about this now?" I just went, "I feel safe," and then again I just burst into tears like for five minutes of sobbing, and I don't do that. I stood up. I felt lighter. So many things ... It was like pulling a link in the chain. So many things that perhaps I used to think about or affected, that allowed me to stop critiquing my body in the mirror: "You look good today. You don't look good today," or, "You can eat that. You can't eat that." It's opened up this massive like all this stuff that my

subconscious was probably trying to keep me safe by saying, "Worry about this food. Worry about that food. Worry about what that person is saying," just all fell away. It's like actually learning, meeting the real person that you are without all those fears, without all those stories that you tell yourself.

Kylie: Yes, yes, absolutely, and so once you ... Gosh, that was such a beautiful thing to experience too, to witness you go through. That unfolding was really beautiful and really profound, and I think that that's going to have a really profound effect on your hormones as well. They'll be some really interesting results that we'll see in the future with your body and how that shifts and adapts now that those stories and that stress, that emotional stress, is gone from your body, so ...

Bianca: And that was just ...

Kylie: ... yeah.

Bianca: ... happened with my awareness. It happened with the skill of these processes that are scripts, and are really easy to learn, and with the right coaches are really easy to facilitate. The results are instantaneous, and they're like a tsunami. They are so far-reaching, but it totally redefines how you go out into the world, so it's kind of like just, yeah, I'm still stunned and speechless even though I'm saying so many words. The words don't even match up to how much freedom it's given me, and I'm just one person, and that's just one process. This isn't like a flash in the pan fad, is it?

Kylie: No, no, I've been doing this with thousands of people for years, and everyone gets results like this. It's just what I've been doing, so it's really awesome for me to now share the tools with amazing coaches like you who can now pass on, and use these tools, and share them with your clients, and create that change on a huge level, and really let's spread the ripples, and spread that magic, and help these people out there, help your listeners and my listeners to make these changes and get this wisdom.

Bianca: I think it's just so cool to just keep on allowing people to let go of those outer walls. It's okay to be vulnerable. It's okay to throw off the shackles of your body jail and then let's get the women who have been ... and of course men too have been trapped by these outer layers, by this conditioning that tells people that fat is bad, and fat is lazy and less than, and really step into your power and not be defined by all those stories that you've told yourself as well. It's time to step up to the plate.

Kylie: Yeah, yeah, exactly. It's time to step up and create ... What I love is ... like you said in your taglines, Gain Life Lose Weight, when you take away the issue of weight and how much ... if you think about how much time and energy do you currently spend every day of your life in that diet misery-go-round of thinking

about food, thinking about, "Am I fat? Do I look good in this? Do I not look good in this?" how much stress and energy you spend thinking about weight every day, imagine if that was gone, and eating and just living in your body was a happy thing, what's possible for you. Imagine all of the energy and thinking power that you would suddenly have available to you to do your passions, to follow through with whatever it is that's your mission in life, whatever you want to do.

I think that's the bigger mission that I think both of us are on is helping people to get the weight issue out of the way so they can get on with their lives and stop being on this roller coaster, round and round and round misery-go-round of dieting and just sort out their weight stuff so they can get on with their lives and unleash their best potential.

Bianca: For people who have been on this misery-go-round for years, for decades, for multiple decades, are you willing to keep on going and having more of the same? Is that okay with you?

Kylie: Yeah, exactly. Think of yourself 10 years from now and you haven't made the change. How's that working out for you? How's it been working out for you now? A lot of people would come to see me and I know come to see your, B, that have been struggling with this for 5, 10, 20, 30 years already. How much longer are you willing to keep struggling and keep swimming against the stream of this? Actually, the weird thing about it is that it's actually easy to lose weight, that it's easy to shed the weight when you shed all of the emotional and dieting myths that are actually keeping you fat, that are actually keeping you fat.

The summary to this myth is that you think you'll be happy when you lose the weight, but what actually happens is that ... "happies." What actually happens is that when you're happy you're going to lose the weight effortlessly. When you're happy you're going to lose the weight effortlessly, so it's the other way around. It flips it. It flips it around, so you can stop needing to play it safe because you're feeling happy. You're feeling powerful in yourself, and so your body sheds the weight and you can go on and start that business, or find the man of your dreams, or have those kids, or do whatever it is that ... start that art thing. Whatever it is that's inside your dreams you can go on and do that.

Bianca: That's so awesome.

Kylie: So, B, we've talked through all of these three myths. We busted these three myths. I know that you run some incredible programs for helping people to bust these myths in person or online through your online programs. Tell me how can people get to work with you?

Bianca: You can apply for a body breakthrough consultation by going to www.biancaa.com/apply, and we'll go through your goals in more detail and present the different program options to you. We'll even be able to dive into what NLP coaching packages would help you the best. This is just kind of something that we help you take stock of where you're at, figure out exactly where you want to get to, and map out a really cool strategic plan of attack for you. Hit us up there and we'll be able to point you in the right direction of what's going to suit you the best.

Kylie: Nice, nice. I know that you've got so many awesome case studies of incredible stories of people that you're working with. What I love, Bianca, is that you've got so many elements in your programs, and you really give people incredible value but also give them permission to just enjoy the ride, and I think that you do that really well and you're really doing amazing work.

Bianca: Thanks, Kylie.

Kylie: People would be really blessed to work with you on any of your programs.

Bianca: Thanks very much. Awes-

Kylie: Yay.

Bianca: This has been heaps of fun, Kylie. I think this is actually been ...

Kylie: It has.

Bianca: ... our best interview ever.

Kylie: Yay, best ever, yeah!

Bianca: The next one we do will be the best one ever, and of course we went way over time, but I think if you think about investing, what you've invested in terms of the last five, ten, fifteen years into your weight, then investing this hour or so into your education, your reeducation, is actually going to set you off into a whole new realm of infinite possibilities.

Kylie: Yeah

Bianca: So I'm excited for you listening out there too.

Kylie: I'm so excited. I'm so excited for you because if you're listening to this it means that you're ready to change. If you've found our teachings in some way it means that you're ready for this change. You wouldn't have been able to find us if you weren't ready for this change already. Sooner or later you're going to start making some really awesome changes to your mindset and your body, and it's already happening now.

Bianca: Awesome, and regardless of whether or not you decide to take us up on one of our offers, we're just really thankful for you investing this time into reeducating yourself. Please share this with any of your friends or family who want to hear about this because there's a whole new Gain Life Lose Weight adventure waiting for you.

Kylie: Absolutely. Thank you for your time and energy in listening, investing in yourself. I really look forward to meeting you in the future and talking to you and helping you to make the change. Thanks so much for paying attention and giving us your presence ...

Bianca: Thanks, guys.

Kylie: ... in this moment. Bye.

Bianca: Bye.

