

Elizabeth: Hello, everybody, and welcome back to the Primal Potential podcast. I am Elizabeth Benton, and you are in for a really special treat today, and that's because I am going to be talking to a client of mine on the podcast today. She's pretty incredible. She had lost 80 pounds, but still really felt unhappy, still felt stressed about food and really obsessing over good choices or not so good choices. Really felt like after losing that much weight, she would be happier, but she wasn't.

She is going to share with you this concept that, honestly, if you had said this to me a couple of years ago, I wouldn't have understood. I wouldn't have thought it was possible for me, and that is freedom. Not stressing about food choices. Not loading in all of this emotion related to the choices you make. I know for me, I used to define my days based on if I ate well or not, according to my assessment, right? If I made good food choices, it was a good day. If I made bad food choices, it was a bad day. My emotions were largely dictated by whether or not I worked out, whether or not I overindulged.

Amanda, who's going to be on the show today, when I asked her what has changed for her recently, the word that keeps coming up again and again is freedom. That is something that she wasn't able to get from all of these diets, and even from past weight loss. What is this idea of freedom? What does it mean? How do you get it? Is it even possible? I will tell you this. For Amanda, it was certainly possible. For me, it was certainly possible, but I understand if you're not sure if that's possible for you, not constantly being stressed and worried and anxious about food. Guilty over every single choice you make or don't make.

She talks about when things started to get easier, because the day wasn't good or bad because of the food, because she understood that no matter what choice she made, the next one was a totally blank slate. I'm super excited for you to hear from Amanda.

Before we dive in, I want to remind you that on December 13th and 14th, that is a Tuesday and a Wednesday, a 8:30 pm Eastern Time I'm hosting a totally free webinar talking about how to lose weight for the last time. How to get out of the cycle of trying and giving up, doing the work and then doing it over again, because at some point you stop and you gain weight or you lose your footing. Let's end that cycle. I'll be talking about how. I'll be there live, I'll answer all your questions, I won't leave until the last question is answered. You can grab your spot, it's totally free, by going to [PrimalPotential.com/December](https://PrimalPotential.com/December), [PrimalPotential.com/December](https://PrimalPotential.com/December), or just go to the show notes for this episode.

Also, while you're there you'll find a transcript from today's episode, in case you find that helpful, because Amanda's got a lot of great things to share. Without further ado, I hope you enjoy hearing some of Amanda's story.

Elizabeth: All right, so I am here with Amanda. Amanda is one of my Fat Loss Fast Track rookies. Basically, what means is it's her first time through the Fat Loss Fast Track. There are a couple of different levels when I do these groups. Your first time through, when we're building the foundation, when we're establishing sort of the nuts and the bolts ... how to journal, why to journal, the way we talk to ourselves, setting goals and expectations and then the fundamentals like the golden rules of carbs and fat loss. All that happens in the first 12 week cycle, and as of when we're recording this, we are almost wrapping up week nine of Amanda's first time through the Fat Loss Fast Track.

When I said to them, "I'd love to do a little bit of real time coaching on the podcast, talk about what's going well for you, talk about where you're still finding yourself challenged or struggling a little bit" Amanda was like, "I'm in, I'm ready, let's do this." I'm super, super, super glad that she was willing and open to share part of her journey with all of us, because sometimes you can't relate to me and my story, but maybe you can relate to something in Amanda's story. Thank you so much, Amanda, for being here. It means so much to me.

Amanda: Thank you, I'm excited.

Elizabeth: I am, too. I am, too. Tell me a little bit about ... you're about to wrap up. We've got about three plus weeks left in then your first Fat Loss Fast Track. What was it that made you say, "I want to do this." Because it's a commitment. It's a commitment of time, it's a commitment of money. What is it that made you say, "I think I'm gonna give this a shot?"

Amanda: Oh, goodness. It actually was a long thought process, in a way, because I have truly, honestly spent so much money on my [inaudible 00:05:10] and losing weight and all this stuff. I really, it was really hard for me because I started to listen to your podcast over the summer, and I fell in love. I was like, "Wow, I can really relate to a lot of these things. I think I'm in the wrong direction of what I'm looking for." I had lost 80 plus pounds, I had reached goal, but I truly was so, still so unhappy with the way that I look, the way that I was relating to food and everything.

When I was listening to your podcast, I was like, "Oh, goodness. I think I'm really looking at this the wrong way." Then I was like, "Okay, let me see if I can do the Fat Loss Fast Track." Then I looked at the cost, and my financial situation and I was like, "Oh, goodness. Is this going to be another one of those things that I start, I do and I do it for a week, and then I don't listen to you anymore and then I'm like in the last, in the last three, two weeks or three weeks am I going to be like trying to play catch up on everything that I've missed?"

Elizabeth: Sounds like you've experienced that before.

Amanda

Amanda: Yes, because that's how things went. I was really nervous, and I reached out to you. I was like, "I really don't know what to do." I'm not surprised now, but I got a voice message back right away saying, "You have to make that decision." I was like, "Oh, boy, here we go." I said I thought about it and I was like, "No, I really need to do this. I need to find a way" and I borrowed money from Peter to pay Paul and figured it out, and I cannot be more thankful.

I'm so, it's so surprising how we're on week nine. How did we get to week nine?

Elizabeth: It flies by, doesn't it?

Amanda: Oh my gosh, I can't believe it. I feel like just yesterday I was listening to the very first one, and I was like, "I cannot believe we're on week nine." It's crazy.

Elizabeth: I know. One of the things you said when you emailed me, when I reached out to you guys and said, "Hey, does anybody want to do a little bit of, like, real time coaching on the podcast and talk about your experience?" One of the things you said was that the past nine weeks has changed you, it's changed your family, it's changed your marriage. You came from a place where you had already done every diet in the world, and I think in your email you said you had spent enough money to have like bought a car by now.

Amanda: I could. I could be driving a nice car. Not that I don't, but I could buy even a nicer car.

Elizabeth: Right. You said you had been looking at it the wrong way. What do you think was different about your perspective before the Fat Loss Fast Track that you felt like was the wrong way, versus how you're seeing things now?

Amanda: I truly feel like I have found freedom, and I think that even my family now has found freedom. The way that I react to different situations has changed, honestly, how much ... and it sounds so crazy, because here I was joining this for fat loss and all that, and now I'm like saying that I found freedom in my house and my kids and even my husband. The way that I react to things is just so, so different. It just really is so eye opening about how you send things out or your thoughts really do come back to you, and it's so important to be, to be positive or not only that, but to believe that you can do this. That was really what changed in this whole process so far.

I think it's like every Sunday waking up on Christmas morning to open up your email and to think, to see what we're going to do next this week. Not every week is easy, and I don't think any week has been easy, really. Just the whole outlook

Amanda

on everything. It's like I definitely have been freed from it, and freed from my thoughts of what I thought I wanted and needed, but I don't.

Elizabeth: Let me dive into that, to better understand it. It's interesting that, just so everybody else knows, on Sunday we get a weekly challenge. There's one focus for the week, and so that's what you're referring to when you say you look forward to waking up on Sunday morning. It's interesting that you say that none of the challenges have been easy, and yet you've found freedom.

Amanda: Uh-huh, yep.

Elizabeth: What does that really mean to you? Let me ask you a pointed question. Has the way you look at food changed? I'm hearing that a lot of the way you think has changed, but has it impacted the way you think about food? When you say it changed "what I thought I wanted," tell me more about what that means and what, specifically, has changed for you.

Amanda: Absolutely about food. I truly can eat something now, and it is just food. I don't have emotion attached to that food anymore, I don't have guilt about food anymore, I don't have guilt about it at all. That's the freedom of the food part, and it's really, even if I do exercise that day or don't exercise, I don't have that weigh me down of ...

Elizabeth: Emotional burden.

Amanda: Yes, that, "Ah, I didn't go do it today." Yes, is it a choice that I did it? I now own my choices and accept my choices and I love every single one of them, whether it is going to get me to that goal of ... if I don't work out, let's say, and I know that, "Well, look, I'm going to be doing something else" or "I'm replacing it with this," but I'm not feeling guilty about it. I also know that there is a chance to start over any second.

Elizabeth: That's right. That's right.

Amanda: That's huge. It's not that I now skip workouts. I don't. That's not what I'm saying, either, but you know what I mean? I really, truly let myself let go of all those negative things that I told myself that if I didn't do it, and then I didn't love it. It's really come to a sense of that I've let go of so much anxiety over it. It's really crazy. It is.

Elizabeth: I bet that there are some people listening who the idea of not being guilty over what they eat, or feeling that guilt or shame, scares them, because they think that if they don't feel bad about it, that it will be a free for all. I know there was a time that if you told me, "Oh, eat the ice cream and don't feel guilty" that I would

Amanda

equate that with, "So I can eat all the ice cream for ever and ever and ever, and it's okay" but I know that's not what you mean for you.

Amanda: Right, that is so the opposite. Now I don't eat the ice cream, and I don't skip the workout because I truly, truly don't have that emotion to it. I've let go of that emotion.

Elizabeth: Exactly, it's not this emotional tug of war, yeah. I think for so many people, they equate a day as either, they define it as either good or bad based on if they made good food choices or bad food choices. They made good work out choices or bad work out choices, and then there's always this punishment reward notion of food, which is what screws us all up.

If I'm understanding you correctly, and totally tell me if I'm wrong, when you let go of that punishment reward association, you just do what makes you feel your best, which is rarely the ice cream, the cookies, the skipping workouts.

Amanda: It's so, it truly is. It is so, that's when it became easy, easier, so to say. Once I gave up the emotion to those things, those things I no longer were connected to that I needed to, that I felt like I needed to have them. They truly, they truly just freed me of that, and then all of a sudden, all my ... my nighttime eating used to be, it was horrendous. It was really, my journal even shows it. It was really, truly scary, in a way, to look at. Now, when you look at my journal, my tracking journal, it's not even, there's no emotions written with it. It's like "Oh, I'm going to bed."

Elizabeth: Right. That's it, the end, yeah.

Amanda: It's not that I thought about it, that I even ... I'm at the point now that I don't even have to think about it, that I don't have to think about that I don't want it. It's just, now I don't have it and there's nothing attached to it, and if I did have it ...

Elizabeth: It's fine.

Amanda: It's fine, and I move on, and then the next day, I write it and I say like what it made me feel like afterwards, if it made me feel anything or if it didn't, or was it really worth it or wasn't it. Then the next day I go back and I look and I say, "Ah, see. It really wasn't that worth it" and so the next day it's even easier to say I don't need it.

Elizabeth: What's interesting is even though you had lost 80 pounds before and you were still unhappy, all of those diets didn't teach you, didn't give you the skills, didn't help you find a way to let go of those emotions.

Amanda: No, 100% not.

Amanda

Elizabeth: Do you feel like the challenges in the Fat Loss Fast Track gave you the tools to be able to do that?

Amanda: Yes, yes. The way that it guides you is really, truly focusing on one thing at a time, which I still am working on.

Elizabeth: Me, too.

Amanda: It's a Facebook group one I wrote the other day, like four things that I was going to change this week, and you were like "No, no, no. Where's that one?" I was like, "Oh my goodness, you're right. Just that one, I need one." That's what has made it so much easier, to break it down to one thing that you focus on each week, and then grow from there, is how it's really just changed and how different it is from other things that I've done.

Elizabeth: I think it builds. We have to kind of start with the easiest thing. I know there are a lot of people, and you might be one of them, starting out that's like, "This is it? Week one, this is all we're doing?" Like, "Come on, give me more."

Amanda: I think actually week one was the hardest challenge you gave us, but now I walk around with my binder and I can't be anywhere without it.

Elizabeth: Yeah, yeah, yeah, I totally get that. Where do you feel like you're still having a harder time, or experiencing challenges or struggles. Where do you feel like you need the most effort or improvement at this point?

Amanda: At this point, where I am now, because I have lived so long, basically since I was a kid, with my weight, and thinking about it and dealing with it and everything like that, the fact that I have given ... not given up, but that I, I have, I don't have that burden anymore. I don't have the thought of what I thought I should look like or want to look like.

Elizabeth: The expectations.

Amanda: Yes, and now finding what it is that I'm really, truly seeking out. It's not a size, right now, for me. It's not, it's a healthy relationship with food, which I think strongly with all of the challenges we've had, especially the last few weeks, even coming through Thanksgiving and that challenge and everything like that. I think that I'm coming closer to that goal of the relationship with food, and just enjoying it instead of every bite that I take thinking about, "Well, what's this going to lead to?" or "How many more bites after this am I going to take?"

Amanda

I think now my biggest thing is what is it that I really am seeking? What is it that I really was looking for for all these years, because I don't think it was food, and it wasn't a size. I think that that's ...

Elizabeth: I totally get that. I know I can relate to that, because for me, I always felt like my weight had to be under a certain number, and if it was under that certain number I would be happy. If the tag inside my pants was a certain number, I would be happy. That can be an awkward thing to sort of adjust to, well, that number doesn't really mean anything but at the same time I know I want more for my life. I know I want more for my health, I know I want more for my body, but what is that thing? What is that more?

One of the things that I think is really helpful is to sit down and say, "What would my ideal day look like?" I'm talking painful detail, like every nitpicky thing. What time do you wake up? Where do you wake up? Where is your house? What do you have to do that day? Every single thing, and I know I've shared before that I go through this exercise with myself, and it's specific to, what am I wearing in bed, right? When I wake up in the morning, what did I wear to bed the night before? What does my body look like and feel like? What time to do I wake up? Do I wake up to an alarm clock, or do I not need an alarm clock? What is the view out my window? Who is there? What do I eat? What are the first few hours of my day look like?

Really crafting what would that ideal be in as much detail as possible, and then saying, "Okay, where are the gaps between where I am now, and where I want to be?" Some of it might be related to very much your physical body, right? There are some parts of my body that I really want to keep seeing progress on so that, you know, there's this particular dress that I would love to wear, or I want to feel this particular way when I wake up in boy shorts and a sports bra. Whatever it is, or it might be your lifestyle and the flexibility that you have to work at home or not work or have the means to work ... whatever it is, identifying what would be the ideal, where are the gaps and then saying, "Okay, one tiny step at a time. What's the next piece of that that I can tackle?"

One of those things for me that seems to be really, really common, especially in women, is confidence. I want to feel confident no matter how wide my hips are, no matter what size jeans I'm wearing, no matter if I've put on make up or not, whether it's nine o'clock at night or six o'clock in the morning, I want to feel confident. Then it is, "Okay, what kinds of things are getting in the way of my confidence?" Sometimes that's a mindset or a thought process or a belief, and sometimes it's something physical about your body. Either way, you can tackle both. Does that make sense?

Amanda: Absolutely, yeah.

Amanda

Elizabeth: So it's always this evolving thing, and I think that the extent to which you can say, "This is what I want as a mom, this is the kind of day I want to have with my kids. As a wife, this is the ideal day with my husband. In my work, this is the ideal day. For my body, this is the ideal, this how I want to feel in my skin." What's the next thing I can tackle? How do I get there, and what's today's effort towards that aim?

I think going through that on a very regular basis, I visualize my ideal day every single day. The reality is that it evolves, that it changes, that as we grow, as we become more self aware, as we make progress, we tweak and adjust it, and we should. I would say for you, starting there and saying, "What would be amazing? What would be satisfying as a mom? What would be satisfying as a wife? What would be totally filling for myself? Where are the gaps? What do I want to tackle first, and how do I tackle it today?"

Amanda: Right, and the key there too is also the one step at a time, because I think when you look at it in such a huge picture, that's when it also falls down, too. I love the one step at a time, because I think that there are a lot of ... like work, body, family, a lot of things and a lot of areas that I'm like, "What is the perfect day?" Even just thinking while you were talking, and each one probably has a handful of things that I could say that I would want to change in it, but it's not to look at it in the whole picture of, "Oh my gosh, I have 30 things that I want to change." Today, I can do this and change it, and that's huge.

Elizabeth: Yeah. The one thing that I think is paramount for anybody with any goal is the disciplined pursuit of patience. I don't have to make progress in every area of my life at the same time. Sometimes, we're taking on a new endeavor, or in a new relationship, or our kids are really young. It's totally okay to say, "In my disciplined pursuit of patience, I am going to put my eggs in a basket of raising my kids, and I'm going to be more patient with my journey with my body."

It doesn't mean avoidance and disrespect of the body, but we don't have to be a jack of all freaking trades. I think that is a myth, and sometimes we lose sight of the fact that we have a finite amount of energy and focus. If you give ten percent to this and ten percent to that, you're going to be exhausted, but you're not going to be moving forward very fast. So identifying, even on a daily basis, one day, you might need to put all your focus and attention on your kids. Another day, you might have a little bit more margin to take care of your body.

The key is that it's not in extremes. It's not I'm either caring for my body, or I'm totally off the rails. It's not love for self or disrespect of self. It's just, all right, status quo. What does that look like? What's the middle of the road choice here

Amanda

while I pursue this other thing? Being patient with the process and understanding, I can't tackle everything all at once, and I don't have to.

Amanda: Right, absolutely. Yep.

Elizabeth: Let me ask you this. I know for sure that there are people listening going, "I'm kind of in that boat where I've spent a ton of money on diets and they haven't really worked, and so that's why I'm telling myself no to the Fat Loss Fast Track, because I know me and I waste money on this stuff." What would be your two cents to the person who's on the fence about the Fat Loss Fast Track?

Amanda: You are so connected that at any time that you feel like you aren't going to listen to the podcast, or that something's not working, shooting your an email or on the Facebook group and your response back is just so key to it that it's really hard to kind of fail at this, I feel. I personally feel even if it's not you that's responding right back, the group is just so amazing. They're amazing people, and we're all from different walks of life. [crosstalk 00:25:48] None of us, I don't, you know [inaudible 00:25:51] all over the world.

Elizabeth: We've got men, we've got women, we've got people in all countries, we've got moms and dads, yeah.

Amanda: It really is, it's very different, and the fact that it's so exciting. It truly is so new every week that, some ... don't get me wrong, some of the weeks I never not did a challenge, but some of the weeks when I reflected back at the end of the week on my week, I was like, "Well, I could have done that a little bit better." I never gave up because I was so excited to what was going to come next. You never know what's going to come next. The morning one, I'm still shocked every day that my alarm clock goes off two hours earlier than before this challenge. Every day, and I'm loving that time. Who would have thought? Who would have thought, really?

Elizabeth: It's interesting. You make a good point. Sorry to interject, but I never really ... the way that I do the weekly challenges is really to build on skills, but you make such an excellent point that that way it never gets old. It's not like you commit to a 90 day diet and the rules never change. Every week is something different, and so you don't sort of fizzle out and there is that excitement. I think that's a really great point. I'm glad you brought that up.

Amanda: You really can't, because each week is truly something ... yes, they build on each other, because you've set a different foundation for x, y and z, but even like I've gone back and listened to previous ones and I'm like, wow, week two has so much to do with week nine. I would never have related them back in week two, you know? It definitely is something so new every week, and the things that you

Amanda

can pick up from week to week do all go together, but each week you feel like, "Oh, I've got something fresh to do this week. I have something so new to do this week. I have something new to focus on."

Yes, maybe last week I wasn't 150% all into x, y or z, but I can still work on that and this week I can work on what's new, too, because I have the foundation from last week. I kind of know what I have to do. I know what I didn't do. I know what I need to work on. That's kind of like, can just roll into the next week. It doesn't need to be my ... then the week that we're in is like your sole focus, with the other ones that are just now habits and routines and enjoyment, really.

Elizabeth: Right, and I think too having one challenge a week helps people not get overwhelmed. Oftentimes when we start, and I think you can probably relate to this if you've done as many diets as I have, sometimes you just feel like, "What is this? This is so much work and effort, and so much change" but doing one thing at a time really makes it more manageable and sustainable.

Amanda: I truly have never in the nine weeks felt like this was a lot of change, and I have changed so much. I truly ...

Elizabeth: Isn't it interesting that all of a sudden you're like, "Whoa!"

Amanda: Isn't it? It really is. I truly, truly never felt like I was changing drastically, but I have changed drastically in so many different areas. How it all goes together and, like you said, in previous ones you've said that they're not all the same, and you kind of go by the group and see what we kind of need by different feedback. I think that that's key, too, because like we had Thanksgiving last week. We needed a little extra motivation, not cheerleading, motivation though.

Elizabeth: Right, I'm not a cheerleader. That's for sure.

Amanda: I thank you for that.

Elizabeth: Yeah, it definitely, that's not my style. If you could go back in time say 10, 11 weeks, when you were considering the Fat Loss Fast Track, what would you say to yourself as you were making that decision with what you know now?

Amanda: It's not even an option. We have to, I would say to everyone in my house, "We're figuring out how I'm going to do this" instead of me figuring it out on my own. We're figuring it out, and I'm going to do this. It's not an option. It's not. It wouldn't have been an option, because, and I don't think, I truly, honestly don't even think my family would have let it been an option. Knowing ...

Elizabeth: Really? Knowing what they know now?

Amanda

Amanda: Knowing what they know now, I don't think they would let it be an option either, even ...

Elizabeth: Tell me a little bit more about that as we wrap up. What is it that has changed for your kids and for your husband based on this?

Amanda: A quick example is my daughter used to have this major anxiety of getting to her activities on time. Prior to this, I was like, "Ah, gosh, why, stop crying, stop being upset, why do you have all this anxiety about being on time." Now, looking at it, I realize, because what was I doing? Everything that I was doing, "Let's go, we're gonna be late, you're gonna be late, you're gonna miss this, da da da" and I would get all worked up and I would have anxiety over it.

One day during one of the week's challenge I picked her up and she was, started hysterically crying, "We're gonna be late. I don't want to go. I'm gonna be late," this whole thing. I looked at her, I go, "We're gonna get there." She kind of stopped and stared at me, and I said, "We're gonna get there, and if we don't we got bigger problems than if we're late for gymnastics." I was like, "So we're gonna get there" and I said, "and it doesn't matter when we get there, because we're gonna get there." The whole way there, we're changing, "We're gonna get there" when the red light's going on and whatever.

Now even she'll look at me, and when she starts to feel anxious about getting somewhere on time, she's like, "Mom, we're gonna get there." I was like, "You're right. We're gonna get there." Even things like that, I know it's not a significant thing but watching her ...

Elizabeth: No, that totally is. It totally is, because that's a life long thing.

Amanda: Watching her have anxiety, and wondering where she was getting it from? Well, she was getting the anxiety from me, and the way that I was reacting to the situation of us being late because I was giving all of that energy right to her. Now the fact that we're all just like, "Oh, we're gonna get there, yeah. We're really in trouble, but yeah, you know, we're gonna get there." We make a joke out of it, and it's awesome.

Elizabeth: I love that.

Amanda: With my husband, it was, it really, truly has changed a lot without getting way too deep and all this stuff. I truly, it has given us freedom. I feel like that is my whole word because honestly, it truly has. I would drive home from work with anxiety and thinking about different situations that weren't even happening. What was I doing? I was wasting so much time and effort.

Amanda

Elizabeth: The things you feared that might happen, or worried that might, yeah.

Amanda: Yes. I felt like, "Ah, he's going to be mad at me that I ..." or "He's going to react this way that I'm asking to go to yoga tonight, or go to Crossfit or whatever the heck I'm going to." Instead of me coming up with this whole scenario, and then walking in the house and being angry ...

Elizabeth: Already being defensive, yeah.

Amanda: ... that he was going to say whatever. Now I walk in the house and I'm like, "Hey, do you mind if, can you do this part and I'll do this part" or "Can we work this out?" Every single time, he's like, "Yeah, sure, how about I just do ..." or "How about I ..." It's actually, we're a team again where we weren't before. It was truly, it wasn't that we weren't a team, it was that I wasn't the team because I was truly just creating all of these problems. I was creating [crosstalk 00:34:01].

Elizabeth: Yeah, manufacturing stuff that wasn't real. Yeah, yeah.

Amanda: Within the challenges of all of that, that you have given over the last nine weeks, all that has changed for me. I do have to add, even though the scale doesn't matter, I am down eight pounds. I also have stopped weighing myself. The only reason why I know that is because the first week, the first day I weighed myself, which I was an every day weigher, and now I don't weigh myself really at all because it was doing no good for me. I've gotten rid of that, but I do know I'm down eight pounds and it feels great.

Elizabeth: Wow, I'm so excited for you. I'm so grateful that you were willing to share a little bit of your story, because I have no doubt that there are so many people listening that can relate to either having lost weight but still being unhappy, or feeling like there's just unnecessary but constant tension and stress in their homes or a constant wasting of money trying to seek these solutions that are really just the same thing that look different. I'm so thrilled that you made the decision that you robbed Peter to pay Paul, found a way to take care of yourself, emailed me and said, "Hey, what do you think?"

You could have just said, "Nope. I can't. I can't afford it. I've already wasted the money" but you said, "What do you think?" You gave it that thought, and you invested in yourself. One of the things you said is it's really hard to fail. It's easy to fail if you just quit and don't show up, but you showed up and you show up every week and you read the emails and you watch the webinars, so you deserve 1000% of the credit. Honestly, I'm just so grateful for your openness, for your willingness to share your story and I'm just thrilled to be a small part of your journey. It's just such a blessing for me.

Amanda

Amanda: I just have to say that for anybody, truly, they are important. You are important, and I am important and my happiness, even though I have two children and they mean the world to me and my husband and my dog and everything else in my life is so important, but I'm also important. To make sure that I wake up every day and realize how important I am, and that if I don't take care of myself, nothing else is going to be able to be taken care of. It's so key, and this whole process has really, really, truly opened my eyes to it. I'm thankful, and yes, I've done the work, but you've given me the path which was very much needed. I thank you for that, because it means a lot.

Elizabeth: It's my pleasure. Thank you, thank you, thank you. I can't wait to spend another three weeks with you, because the last three weeks are going to be a great three weeks, and I'm just ...

Amanda: Well, gosh, they're going to fly.

Elizabeth: Oh no, they are. Thank you so much, Amanda. Thank you for sharing your story.

Amanda: Thank you.

Elizabeth: That was so real and so powerful and, from my perspective, so hopeful, right? I can completely relate to feeling like I could have bought a very nice car with all the money I've spent on the results I didn't get, or the results I didn't keep. I think it's so encouraging to hear that it doesn't have to be hard. That everything can change. That you don't always have to be obsessed with food and emotional and guilty over the choices you make, or you don't make.

Thank you again to Amanda for sharing your story, for being so honest and for giving us hope that that is totally possible. If you want to attend this totally free webinar, hang out with me, you know you want to. You know you want to. Go to [PrimalPotential.com/December](https://PrimalPotential.com/December) and get all the details about that free training that I am doing on how to lose weight for the last time. A lot of the strategies that Amanda alluded to will be covered. [PrimalPotential.com/December](https://PrimalPotential.com/December), or just go to the show notes page for this episode, and I will link it up there as well. You guys have a great day. Talk to you soon.

Amanda