

# Releasing Doubt: You Can Achieve Your Best Body Outline



## Week 1: How Can a Storytelling Practice Help?

- Major emotional benefits of personal storytelling practice
- Major emotional and physiological benefits of meditation
- Why they work especially well when combined

## Week 2: Common Weight Loss Issues & Doubts

- Invisibility
- Loneliness
- Deprivation

## Week 3: Releasing Doubt, Taming Fear & Choosing Not to Suffer

- The Root Causes of Suffering
- Passion, or Desire
- Aggression, or Anger
- Ignorance

## Week 4: Rewriting Your Story

- Where Others End and We Begin
- Why Do You Want to Change?
- Transforming Your World