



Face to Face

*Embracing, Understanding and Changing
unwanted behaviors toward exercise and eating.*

GREG RYAN

*SAVE a life,
share this!*





241 Sears Ave. Louisville, KY40207

Face to Face

Copyright 2011 by Resolutions LLC.

All rights reserved. No part of this book may be reproduced in any form whatsoever, by photography or xerography or by any other means, by broadcast or transmission, by translation into any kind of language, nor by recording electronically or otherwise, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in critical articles or reviews.

Cover Design Smash Graphics

Very few can describe it and many will not go looking for it. Most do not know what to do when they find it, but all of us need it! So why do you avoid it? What is it? Love!

Greg Ryan

A Letter from Greg (unedited)

Of all the books I've written this one is the deepest, most difficult to understand and the hardest to deal with; yet by far the most important step in changing your how you feel about yourself, weight and life.

I hope you read this all the way through and maybe even twice. Numbers on an exercise chart and listening to a motivational trainer is the easy part, changing your thinking behind closed doors is gut-wrenching.

One day I decided I didn't want to be a shy introverted fat little boy, and the thought of living the rest of my life in that state was more painful than making the changes themselves. So, what did I do, I make a heart felt decision? I did, not my parents, boss, pastor, children; I made that choice to look in the mirror and deal with my issues, face to face. I hope you do the same after reading this book.

FROM THE AUTHOR

I am no psychologist nor do I claim in this book to be, but I do fully understand that getting and staying in shape rests on embracing your unwanted behaviors. Coming to grips with the real issues behind the habits is the key in changing them for the better and possibly for ever.

This book, *Face to Face* is personal, it is deep and it will challenge you to the core. While the words may cut like a razors edge and your ears may urn to disconnect – it is in these times you will embrace life better, come to understand things clearer and have the sincere willingness to change from your heart.

The truth is, sooner or later you will have to deal with your secrets, hang ups and the voices inside your head. As we get started I ask you this;

Can you embrace something first, before you understand them? Or do you have to understand something first without having to embrace it?

Why is it so challenging to stay on a workout program? Why do you do just about everything possible NOT to exercise or eat right? In other words;

“WHY DO YOU SABOTAGE YOUR GOALS?”

In order to figure that stuff out you're going to have to embrace the emotions you dangerously fear. You are also going to have to accept that, if you truly want to change it will only be done *Face to Face* with the real truth of why you eat the way you do and why you do not exercise enough.

America is the fattest country in the world not because of a shortage of diet programs, but for the superficial approach to weight loss and fitness that's taken.

I want you to take control of your health by the roots and pull as hard as you can. I want you to change for the INSIDE OUT. I want you to feel good for good!

The answers to the questions are; yes and no!

Yes!

You have to come to grips with the reality of your health first. There can be no denying how you feel or what's going on inside. Once you get *real* then you can get the understanding.

No!

You can know exactly what you have not been doing to take care of your health and still not embrace it. Most people have this type of attitude because they are too scared, prideful or in denial to embrace the truth about their health. Do you?

In some form of emotion; resentment, failure, shame or guilt we have all experienced some form of resistance to exercise. And yes, we have all been lazy, prideful and in a state of denial about our health. But today, life finds you with no more options left, but to move forward. For today that deep desire burns inside of only to say, "*I can not wait any longer.*"

You know you need to exercise and eat better and deep down you know the consequences if you don't. Do you fear some form of disease, heart attach or injury

due to poor health? Do you want to feel better, have more energy so bad you are willing to make the effort?

Now is the time to look in the mirror and tackle the reasons behind how you got here in the first place. Do you know what the future holds? Does it matter? It shouldn't. Don't wait for life to bring you some circumstance beyond your control.

You either change on your terms or be changed on life's.

*"God grant us the serenity to accept the
things we cannot change,
courage to change the things we can,
and wisdom to know the difference."*

FORWARD

For you, change does not come easy does it? It usually finds you in times of despair, chaos and soul searching. The process of going through the change can be compared to adding an onion to your meal. Peeling layer upon layer away is not fun. You may even encounter some tears in the process. But the end, the result is a wonderful flavor that makes the experience one to be remembered.

In order for you to really change your attitude toward your health and fitness you need to do some serious thinking.

Changing anything in life requires hope. Hope that maybe things can be different. Hope can be a powerful motivator. Many people have done extraordinary things with nothing more to start with than a little hope!

If you have some, you may well be on your way to a happier and healthier life. If you don't, I am here to say, "*There is still hope for you.*"

Be willing to work, ask for advice and have a little faith." When you meet life half way,

it will always match you step for step. However, faith that life requires will always come with a price, a price that demands trusting in someone bigger than yourself.

Even though you may know how you're motivated and to what extent your deep desires go in getting in better shape, they will only take you so far. You haven't taken care of yourself up until now because of some sort of miss guided belief system you have created in your brain.

You must acknowledge those beliefs for what they are, if they are really true, (which most are not) and develop a new way of thinking. How you get through this will be based on your attitude, will and openness.

Fitness fantasy programs, exercise experts and doctors will only help you so far and most will only satisfying your ego; you need to get to your heart.

My experience tells me and your gut whispers to you, until you look in the mirror, true behavior change will not happen.

Let's get started!

INTRODUCTION

The reason your track record with exercising and eating right is substandard is not because of the HOW'S, but the WHY's.

The patterns of your habits did not just jump out of the sky. As you will learn; it is not what you can see that is dangerous, it is what lie's beneath that harms you. Your behaviors such as lack of exercise or poor eating habits are only the tip of the problem.

What you believe to be true of why you eat the way you do or what makes exercising so difficult is an illusion brought on by denial, pride or just being lazy. Your long term success lies in the ability to know the difference between your perception and the real truth.

You will find the real truth is much easier to deal with than the lie you have created.

While the path may be painful, rocky and shocking at times; fill the space between your perception and the truth and it is there you will find success and happiness and most of all love for yourself.

This starts with....

*SAVE a life,
share this!*



PART I

PURE INTENTIONS

*An anticipated outcome that guides your
plan of action!*

*Your long term success lies in the ability to
know the difference between the illusion and
the truth.*

Greg Ryan

1

PURE DESIRES

Desire for change

Very few can describe it and many will not go looking for it. Most do not know what to do when they find it, but all of us need it! So why do you avoid it? What is it? Love!

Why couldn't getting in better shape be a like a love story? Love knows no boundaries, love has no logic and most of all love loves all.

Can you truly love something or someone without desiring it first? No! Without one the other lives in a world without air. Only to be left to die in a room filled with loneliness.

Maybe getting in better shape *is* a love story? A love story not in the traditional sense of two hearts; but of one of unconditional proportions.

A love for self! If you loved yourself enough, would you be in the shape you are

in today? Or is it the lack of love that guides your ship this way?

Change only comes easy when desire and love weighs all. If one possesses unconditional love for thyself, one will embrace change with open arms. If not, one will find themselves fighting an emotional war that may not be won anytime soon.

The willingness to change unwanted health habits must come *first* from your heart. It must be fueled by an unwavering desire from beginning to end. Desires for the external will only get you so far. For at the end, it will be aging that will be your eternal rescuer.

You will then realize all you were ever searching for was; to love yourself, good health and a happy heart. That my friend is the true meaning of being fit.

Desire for hope

Having the desire is just the beginning. And standing alone may only take you so far with out some form of *Hope*. Getting to the place where you will change your eating and exercise behaviors starts and finishes with

the hope that you CAN change; with out hope people do perish.

Desire for an open mind

If you accept the fact that life will not be perfect it will open your mind up for growth and good health.

Your metabolism slows down as you age and you will be more prone to injuries and illnesses. However, it does not have to be depressing if you exercise and eat better. You can do this by learning that your self-worth is not based upon; what you look like or what you have, but what you are becoming.

It's worth repeating, denial, pride and laziness will always be followed some unwanted consequence to your health. And things that make you resist exercise and eating right are only illusions you have created.

Desire a long term attitude

If you want to go from being in denial to a deep desire to do something for fitness, you have to have a “*no more options*” type of

attitude. In other words, there is no turning back no matter how hard it may get.

Understand, if you are going to be healthier through exercise and eating better you are going to have to participate in some form of activity for the rest of your life.

2

PURE MOTIVES

You will not do anything unless something or someone motivates you too. The questions are; what motivates you and how are you motivated? There are two main categories of motivation; fear or pleasure.

Fear Motives

You may be motivated to exercise and eat better because you are afraid of aging, getting a disease, developing cancer or even dying. In other words, you are running from something. If this is how you are motivated you are what I call a *Fear Runner*.

Fear can be a very powerful force to get you moving. There may be consequences for NOT doing something, so your desire or motive is of avoidance to the consequences.

However, avoiding something never ends on a positive note because your motives are not pure. If you try to avoid a health problem by trying to change your behavior out of fear--

sooner or later you will go back to your old habits. Not very rewarding either!

People who are motivated out of fear to exercise and eat better eventually quit or turn to something else like pills for short term results.

Pleasure Motives

The other types of motives are those of pleasure or benefit focused. If you try to change your behaviors from a more positive point of view of gaining pleasure then you will have better staying power in the long haul, you are what I call a Pleasure seeker. Striving to seek a pleasurable feeling through exercise and eating better can be very rewarding. Pleasure seekers tend to have pure motives!

Fear Runners to Pleasure Seekers

In the beginning it is not bad to have a small amount of fear. For example; high blood pressure might motivate you to work on a better eating plan, but you're also motivated by how much better you feel after you exercise.

Whatever the combination is that's great, just make sure fear is not the dominating motivator in the equation.

Pure motives equal pure hearts

If you resent aging, eating better and exercising the road is going to be very bumpy. Changing your behaviors for good requires doing it for the right reasons. Motivated to change for looks, others and avoidance is a recipe for frustration and disappointment.

In the end, needing to exercise is a lot harder than learning to want to do it. **Your long term success boils down to having a pure heart built from deep desires and pleasurable motives.**

3

PURE HEARTS

Your desires are fueled by motives coming from two emotional sources: *Extrinsic or Intrinsic*.

Outside In

If your motives to change your habits are to look better and improve outward appearances they are not pure. Aging while enviable will only produce temporary results. These are only wishful motives.

Inside Out

The desire for better health habits must come from the inside out. Motives such as lowering blood pressure, leveling out cholesterol, getting more energy, losing excess weight and toning up the body have more of a inside out type of attitude. Sometimes getting to this point requires a heart to heart talk.

Heart to Heart

Heart to heart talks usually takes place for most somewhere in our forties. You start to change your attitude from appearance driven to a better *quality* health. A pure heart requires honesty and a letting go of your pride.

Pure Hearts

Changing your behaviors for good requires doing it for the right reasons. Benefit centered thinking, internal well being focus and the urn of a deep want will encourage a pure heart. A pure heart needs a strong pulse not a weak motive.

There is one other thing needed when changing your behaviors toward food and exercise - A peaceful heart!

Peaceful hearts

The reason so many of you are out of shape today and avoid changing behaviors is the state of your heart, not so much your mind.

Your heart knows you should be at peace, but your mind does not want rest. A resting

and peaceful heart is too scary. Silence can be too painful to hear.

Today, business is an addiction. There is something seductive about a busy lifestyle. What starts out as good intentions of experiencing the good life has somehow become filled with a busy mind, need for acceptance and an empty heart. *“Not what I intended life to be.” You say!*

Pure Intentions

All the right motives combined with the deepest of desires paves the way for pure intentions for change. Good intentions are a must, but you can not change your habits just on them alone.

While good intentions are the first step, embracing your current health status is the follow up. This requires a close affectionate and protective acceptance of your lifestyle, and willingness to change it. Now that you have the correct state of mind, it is now time to embrace your behaviors head on.



In a nut shell:

If you really are going to change your exercise and eating habits you have to have the right motives. If your intentions deep down are not heart felt then you will eventually go back to your old ways of life; low energy, cynical and depressed.

Having the desire is only part of it; you have to be open for challenges, new way of thinking and long term planning. And your motivation to do so will only last with the fear of not wanting to go back and the greater hope of living a better quality of life.

This will only be accomplished with an attitude of changing yourself from the INSIDE OUT, not from the outside in like you have so many times before. With pure intentions you can now embrace, accept and start on the path to change your eating and exercise behaviors for good.

The process of going through change is like preparing an onion to put in your food. You could encounter tears during the process, but the end result is the flavor that is added to your life.

Greg Ryan

*SAVE a life,
share this!*



Come visit us at all our web and Social Media Sites!

www.resolutionsblog.com—First chapter in all my books

www.resolutions.bz– Personal Training Online

www.gregryanfitness.com– Elite fitness training and nutrition

www.reso-care.com– Senior Fitness, Nutrition and Aging

FaceBook

Greg Ryan (Author)

Resolutions Preventative Health Care

Greg Ryan Fitness and Training

Twitter

ResolutionsPHC

Amazon.com– All books for immediate download!

Email me at greg@resolutions.bz

FREE e book!



Little "SECRETS" to
Weight Loss/Diabetes Prevention
FREE e book! By Greg Ryan
DOWNLOAD NOW!