

Title:

Beating an Addiction

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659

Summary:

The 4 stages of addiction come in to play mainly when you try to change an eating habit or any

Keywords:

food, drink, alcohol, bar, equipment, supplies, supply, cocktails, addiction, beating, craving

Article Body:

The 4 stages of addiction come in to play mainly when you try to change an eating habit or any

Calories are units of energy, after your dinner you want to be full of energy no feeling tired

Eating more than you need you start to feel like you are in a different state similar to a sli

Stage One ~ Resistance to change

A certain program comes says, At breakfast each morning try not to have a drink, except water

This may be scary stuff. You are probably thinking that you are just fine this old way and th

It is the narrow minded view that the outcome of what you attempting will end badly, even thoug

Stage Two ~ Begrudging attempts

You decide to join a weight loss program and have obtained information on dieting, however gr

Stage Three ~ Surprise, I enjoyed it

I actually tried a bowl of hot cereal in the morning and found it to be most enjoyable. For lu

Stage Four ~ The new way becomes the comfortable and preferred way

It is very important to differentiate between the foods that were familiar and the foods that

Having the knowledge of the 4 stages of addiction with help you to be pro active in getting ri

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