

ose Weight So You Can Find Love – In Sessio

author:



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Synopsis

It's no surprise that many people around the world would like to lose weight. In fact, between 2017 and 2021, 55% of all Americans have expressed the desire for weight loss. And unfortunately, many people who are single and would like to find love in their life are instead putting it off until they're at their desired weight.

That's the case for 41-year old Shawanna, our guest in this episode of the podcast. Shawanna would like to lose about 50 pounds, and find a more peaceful relationship with food – one where she's not constantly thinking about what, when, and how much to eat. As she shares, she's tired of feeling like food and her weight is holding her back from following her dreams, including finding a significant other.

But despite her best efforts, Shawanna has struggled over the last decade to not see her weight as one of the most important aspects of life to overcome.

She's tried every approach she knows to lose weight. And she's tried everything to try to forget about her weight, move on, and have a happy life. No matter what she does, Shawanna feels limited by her relationship with food.

So what should she do next?

As Marc David shares with Shawanna, part of the solution is remembering that our relationship with food is a great teacher – one of the key tenets of eating psychology, otherwise known as food psychology.

When we understand that our eating challenges are here to help us learn and grow, we can then turn to a powerful question: What is my relationship with food and body trying to teach me? What can I learn from this situation?

And for Shawanna – like so many of us, part of the answer lies in being clear about what we truly want from life – and learning how to prioritize and put those things first.

Episode highlights:
 – How our family "tribe" influences our eating challenges, and what's important to know as you're healing your own relationship with food.
 – Why learning to pay attention to our desires is key to transforming our food and body challenges – and how to start.
 – How to be the "real" you now and have the life you want, even if the weight isn't gone yet.

Tune in for a beautiful episode on not waiting to lose weight to find love. Because we all deserve to

experience love in our lifeâ€¦!</p><p> -----</p><p>Learn more about us at The Institute for the Psychology of Eating: <https://psychologyofeating.com/></p><p>Ready to call a ceasefire in your battle with eating, and find peace and freedom with food? Learn more about our newest program, The Emotional Eating Breakthrough! <https://learn.psychologyofeating.com/></p><p>Interested in becoming a certified coach in eating psychology? Then tune in to hear Marc talk about our Mind Body Eating Coach Certification Training, and download a copy of our School Catalog: <https://psychologyofeating.com/info-kit/> Learn our powerful, cutting-edge approach, and discover how you can create a unique career helping others find peace and freedom with food.</p><p>Follow us on social: </p><p>- YouTube: <https://www.youtube.com/c/Psychologyofeating></p><p>- Facebook: <https://www.facebook.com/IPEfanpage></p><p>- Instagram: <https://www.instagram.com/eatingpsychology/></p><p>- Pinterest: <https://www.pinterest.com/eatingpsych/></p><p>#weightloss #weightlossjourney #bodyimage #selflove #selfimprovement #foodfreedom #eatingpsychology #foodpsychology #marcdavid</p>

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