
If You Notice... Read...

If you notice...	Read
You drop your New Year's resolution every year and think you "lack willpower"	Ch. 1, p. 2; Ch. 3, p. 18
Every New Year's plan sounds doable on January 1	Ch. 2, p. 10
You often say "I've run out of willpower today"	Ch. 3, p. 18
You tried a "21-day challenge" and the habit didn't stick	Ch. 4, p. 26
Weeks 3 to 6 are the hardest part	Ch. 4, p. 26; Ch. 13, p. 102
You sleep little and crave sweet or starchy food	Ch. 5, p. 33; Ch. 9, p. 68
Stress sends you straight back to old habits	Ch. 5, p. 33
You've lost interest in almost everything for two weeks or more	Ch. 5, p. 33; Ch. 13, p. 102
You pay for a gym you rarely use	Ch. 6, p. 43
You overdid your first workout, got sore and gave up	Ch. 6, p. 43
You have heart disease, diabetes or kidney disease and plan to exercise hard	Ch. 6, p. 43

If you notice...	Read
You've tried one diet after another	Ch. 7, p. 51
You eat one bite and then think "oh, what the hell"	Ch. 7, p. 51; Ch. 12, p. 94
You weigh yourself every morning and the number makes you anxious	Ch. 7, p. 51
You take insulin or diabetes medicine and plan to diet	Ch. 7, p. 51
You want to cut out alcohol, sugar or phone time	Ch. 8, p. 59
You drink heavily most days and plan to stop completely	Ch. 8, p. 59
You've heard about "dopamine detox"	Ch. 8, p. 59
You stay up late to get some time for yourself	Ch. 9, p. 68
You've had insomnia for weeks, or snore loudly and stop breathing in your sleep	Ch. 9, p. 68
You work night shifts	Ch. 9, p. 68
You want to rewrite your plan so it's more realistic	Ch. 10, p. 77
You want a goal that's less of a chore	Ch. 10, p. 77
You want to rely less on willpower	Ch. 3, p. 18; Ch. 11, p. 86
You've just moved house, changed jobs or have a long break coming	Ch. 11, p. 86; Ch. 13, p. 102
You've just missed a session and feel "it's all ruined"	Ch. 12, p. 94
You tend to criticise yourself after every slip	Ch. 12, p. 94
You gave up in mid-January and want to start again	Ch. 13, p. 102

You want a plan for the first twelve weeks Ch. 13, p. 102
