



Corinne Crabtre: Hello everyone and welcome back to Losing 100 Pounds, I'm Corinne, I'm here with Kathy. So, tell us, do you have anything interesting you want to share from your week?

Kathy: Well, you know I do, I saw my granddaughters yesterday.

Corinne Crabtre: Aw.

Kathy: They are three and almost two, and they were walking up to the front of the house and they both had on their pretty little church dresses, and I said, "Oh, you look so pretty." And, the littlest one, Lily, the two year-old, starts patting her little dress going, "So cute. So cute." And, I thought, what happens to us? You know, here these girls are and they know they're cute and they love themselves, and you know they just play, you know?

Corinne Crabtre: They just believe in themselves.

Kathy: They just believe in themselves, and they're two and three years-old, so-

Corinne Crabtre: Well, that's it, I mean-

Kathy: That was my big epiphany yesterday.

Corinne Crabtre: Well yeah, but I mean if you think about it that is exactly what happens and I don't want to make every mama out there feel terrible but where the hell do you think they learn it from?

Kathy: Yeah, seriously.

Corinne Crabtre: They watch us go, "Ugh." When we see ourselves. All kinds of stuff it's so, it just goes to show like you were never born disliking your body, you know when you're little you love it and at some point you just learned not too. But here's the, I always, like this totally has nothing to do with our topic today, but one of the things that I think is very empowering and it kinda is about what we are going to talk about is that if you can believe one thing you can believe another thing.



You just have to start working on it, and I swear I think the mantra that I have been preaching to the tribe for at least the last seven days has been like I don't care if you believe the new thought yet, quite telling yourself the old fucking thought. It is not helping you, like if you think you are fat and you just keep repeating every day, "I'm so fat, I should change." It's like, and you wonder why you can't believe that you're worth it?

Kathy: Yeah.

Corinne Crabtre: You know, so it's like stop the bleeding.

Kathy: Well, what's wrong with practicing the thought you don't quite believe?

Corinne Crabtre: Not shit.

Kathy: Because eventually it's gonna, you know, you're gonna wake up one day and go, "You know what, maybe that is true."

Corinne Crabtre: Exactly.

Kathy: Yeah.

Corinne Crabtre: Well, but that's what I've been trying to like convince people that all you have to do is just start practicing. Everything is a practice, I don't care what we talk about, it's always gonna come down to practice.

Kathy: Yup, we practice good things and we practice not so good things.

Corinne Crabtre: Right, choose your practice.

Kathy: And maybe there's our, that's right, there's our segway into today's topic.

Corinne Crabtre: Why, you didn't even ask me about my week?

Kathy: Oh, oh excuse me.

Corinne Crabtre: Look at you-



Kathy: Corrine, how has your week been?

Corinne Crabtre: Well, it's kinda sucked. Just to be honest. Usually I'm just like all, "Keep your thoughts clean." But, I've actually been sick this week. I rarely get sick and it hit me like a freight train I could tell last, you know how like when you first start getting sick you're like, "Oh, something's happening, this is not good, this is not good." And, I was trying to get my sleep and stuff so, the only reason why I wanted to mention it is encase I'm hacking throughout this podcast you're gonna know why, but I have had a wicked sinus infection. Mother's day was yesterday and I do, since you got to talk about your granddaughters I get to talk about my son, so.

Kathy: Mm-hmm (affirmative), sure.

Corinne Crabtre: So, my sweet boy was, he knew I didn't feel good and he wanted mothers day to be special because the last two mothers day, if you don't know Logan has autism and he just recently I would say in the last few, I don't know, six or eight months quit having what I would call his fits. He's finally learned how to manage his thoughts and slow him, he knows when one's coming on now and he'll tell us and so the last couple mothers days he's had fits each time and I've probably over reacted or said, I've obviously made an impression that it ruined my mothers day.

Kathy: Oh goodness.

Corinne Crabtre: Yeah, which makes me feel like a million dollar mama, and so yesterday he was like, "Are we gonna go to dinner?" Because, I was laying in bed and just miserable and I said, "Nah, I think we're just gonna stay in." He said, "But I wanted us to have a really good mothers day this year because the last two years I had fits."

Kathy: Sweet boy.

Corinne Crabtre: I know, and then I'm just like looking at him like a deer in headlights thinking, "How are you going to soldier up?" [crosstalk 00:04:58].

Kathy: Put a baby [crosstalk 00:04:58][inaudible 00:04:58] out of bed.

Corinne Crabtre: I know, but that's not even the worst part, then he says, and I was going to buy it and he, Logan like just doesn't understand money yet and like value or anything. He comes walking downstairs, I'm like, "Okay, you can buy me dinner." He comes walking downstairs and he had emptied his coin jar into his pocket so he's like, you know like-



Kathy:                   Jingling, jingling.

Corinne Crabtre:      Walking around like a pirate.

Kathy:                   With, you know, what are those things called, balloons or galloons or whatever.

Corinne Crabtre:      He's got all that in there and Chris said, "You might want to go get your cash, I don't know if they're gonna let you pay in all those coins." So anyway, he took his money and he was determined that he was buying his money a mothers' day dinner and that we were going, and so anyway I did go and we had a good time and we came home and then I was asleep by 7:00, so.

Today, we are going to talk about a great topic and it's called blame. I think that, I don't know, I tell you guys that everything is important and I think everything in weight loss is important. Well, here's the thing I want you to know, when you're trying to lose weight you're gonna need every competitive edge that you can get. I think most of us think that being hungry is gonna be like the worst part of losing weight and that is like just the easiest part. What gets in our way is bullshit stuff we tell ourselves all the time, and so today we wanted to talk to you guys about blaming.

Very often what I see in our clients at P-N-P tribe is they will say things like, "Well, you know, only if my husband wouldn't bring chips I would be able to lose this weight." Or, they will have an overeat and will say, "Yeah, but, my family just won't eat like I will." They blame work, you know, "If only my boss didn't make me stay late."

Kathy:                   Or go out to dinner with clients.

Corinne Crabtre:      Yeah, like, "If I didn't have to work late, if I didn't have a stressful job, all these things, I'd work out." There's, we have thousands of reasons that we blame for the inability to lose our weight, like genetics, age, our period, a low functioning thyroid, what else is up there?

Kathy:                   How about gender? You know, it's harder for women to lose weight than men, right?



Corinne Crabtre: Yeah, and this is what I want to tell you guys, if all that shits true, no one would have ever lost weight. I mean first of all I'm a woman, I have a Tom, and it comes like a righteous clown every single month. I work, I have a family. There's this, like seriously you all, that is your way of making excuses as to why you're not doing what you need to do. It takes away all of your control. If the chips that are in your house control you, you'll never be able to lose weight.

What I try to tell people all the time is what I want you to do is I want you to start thinking about all the things that you tell yourself, all the ways that you're blaming things, and question that. Question it really hard. But, what I see is so many people have told themselves this story for so long that they really believe this is a fact.

Kathy: Yeah, that exactly what happens.

Corinne Crabtre: So like, I think one of the biggest ones is, this is the one that I think that happens most often, especially with women, it comes down to my family and my husband.

Kathy: Yeah.

Corinne Crabtre: I need them to be on board for me to lose weight. Otherwise, and this is I think the like, the part that brings up the, like the fear or the worry, it would be easy for me if they were. Like all the sudden all of our problems go away if everybody is helpful, and I don't think that's the case. I think we just come up with more bullshit to tell ourselves, like I have literally, there have been times when Chris and I were both doing our own part, it still wasn't easy, but I think we like to tell ourselves that. It sounds good. So then we just, well if it would be easy that way it means that if they're not doing what I think they should be doing to help me, then it's too hard for me.

Kathy: And, not even to help me, but not to make me feel bad, you know, maybe that's the story women tend to tell themselves. Well, I feel bad because they don't want to eat asparagus, or they don't want to go for a walk after dinner, so you know I'm just not gonna ask them to support me in this. I'm just gonna do whatever they want to do.

Corinne Crabtre: Yeah, that comes up a lot. I think, I don't know, when I think about some of our clients and the ones that are blaming and doing things like that, usually for me what I see is venom. I usually don't see them, I mean I don't know, we do have some I think that are very like they don't want to put other people out and stuff, but I, when they're posting in our private group they're pissed.



- Kathy: Oh, it turns into venom, no doubt. No doubt. But, it starts with, "I don't want to put them out." You know, and then they start to resent, you know, my family not wanting to be on the same score card I'm on.
- Corinne Crabtre: Right, and then I think that's where it gets dangerous though is when you start getting into the point of being pissed, because like, and a lot of our girls especially, I mean, I think I'm a little different. I tend to be a very a-type personality person so like if I'm gonna do something I don't start looking around to see what are all the external things that are gonna have to be perfect in order for me to do it.
- Kathy: You're not asking permission.
- Corinne Crabtre: No.
- Kathy: You're not saying, "Is everybody okay if I go do this?"
- Corinne Crabtre: No, I don't ever do that, I just say, "This is what I'm gonna do." And then if, and I promise you, I think you could also, all right, so this is gonna be a podcast that's gonna go squirrel central.
- Kathy: Oh no. That's my job, get her back on track.
- Corinne Crabtre: Well, so this is what I'm thinking of, so like I was thinking about priorities and I've been talking a lot about priorities lately. When you are really focused, like if you are all in on yourself you have decided, it is like when you decided finally that you were going in all with, like, when you sat Ken down, aren't you kind of more of a self described people pleaser?
- Kathy: Yeah.
- Corinne Crabtre: Yeah.
- Kathy: One of those people pleasers.
- Corinne Crabtre: Well, and I'm-
- Kathy: That's another podcast.



Corinne Crabtre: Yeah exactly. Well, and I'm a people pleaser in someways, but I will say that over the years what I've gotten really good at is learning how to prioritize. Like, I don't try to kid myself that I am going to be able to do and be everything to everyone. One, because I don't want to be a resentful bitch. Every people pleaser, and this, y'all can like flame me for putting the generalistic shit out there, but every people pleaser that I know bitches about it. They won't do it in front of anybody's face. This is what I see happen all the time in our group, they will come in there and talk about how, "I do everything for everyone. Nobody, and nobody does anything for me."

They will talk about how they're so tired of it and yet they just keep doing it. I mean, I don't know, what do you think?

Kathy: I think you're exactly right. I think, in a lot of ways you know you talk about being raised in a single parent family, I was raised with both parents and my, you know, it was that typical dad went to work, mom stayed home, mom took care of the kids, mom did everything at home, and when dad got home you know she served him. So, that's what I learned and I think a lot of people my generation actually learned that, that was the behavior we knew that women were supposed to fulfill.

Corinne Crabtre: Yeah.

Kathy: That's why we became people pleasers.

Corinne Crabtre: I think too a lot of people, people please because they want to be loved.

Kathy: Sure, sure.

Corinne Crabtre: This is what cracks me up, it's like if you want to be loved first of all you have to learn how to love yourself, which I think is the people pleasers problem. I think people pleasers don't really love themselves.

Kathy: Tongue twister. People pleasers problem. Say that 10 times fast.



Corinne Crabtre: Oh, I don't know, I don't think I could do that with this hacking cough. But, I think that what they do is they forget that they have to love themselves first. We just got out of mother's day, and one of the things that I wanted to say to my girls that were, that didn't have the Brady Bunch mother day of their choosing is that, I wanted to ask them, "How much do you model during the year self love?" Like, if your family only sees you give, give, give, give, give, why would you think that one day out of the year suddenly they're all gonna be like, "Oh, we're supposed to do something different today?"

If they never hear, like, I was sitting here thinking I tell Logan all the time, I'll like go up to him and say, "I just love you." And, I'll say like, "Aren't I a great mom?" I'm like, what's wrong with that? I am planting the seed to that child and I'm telling my husband all the time, "Aren't I a great wife?" Because, I want that validation, unless I'm willing to ask for it and like prompt them and stuff I don't get pissed if they don't say it, but I don't sit around and expect them to say those things when I've never even given them the clue that I would like to have it.

Like, so many of our girls had a shitty ass mother's day and I bet you not a single one of them told anyone, "Hey, I would like some appreciation today, and here's how I'd like it."

Kathy: That's so true, as people pleasers sometimes we form these ideas in our head that we think other people should know.

Corinne Crabtre: Right.

Kathy: You know, those expectations? Well, I've done this for you for 364 days a year, you know, maybe they'll fix me dinner on mother's day. Maybe they'll fold the clothes on mother's day. And, if we don't communicate those expectations, if we don't ask for help, if we just continue to assume that role and assume that they understand what's in our heads, we're gonna find a lot of stuff to blame. A lot of people to blame.



Corinne Crabtre: Yeah, well and I think you just have to be, what I would like to see our girls do is, and I mean this is for anybody listening to podcast where they're not, you're in my tribe or not, is really start defining your own version of self love. This is not manicure, pedicure time, girls. This is really about sitting around and thinking about how good you are. I think that was one of the things that I just noticed with some of the pain from the moms and stuff I wondered, on mother's day they probably it came crashing down that I do so much for everybody else and now no one's doing anything for me. But, the rest of the year why not just sit around and think about, "I'm a pretty fucking awesome mother. Look at all the things I do." Versus, sitting around thinking, "If only other people would tell me how awesome I am."

For me, it's like it's nice to hear, I am not saying it is not wonderful to have people tell you that you're great, that you're appreciated and stuff, but you won't even believe it or really even notice the small ways that your family and other people do it if you don't know how to find it in yourself first.

We were talking about this in our private group live the other day with Robin, and she had this amazing post about how she, we were actually gonna use this is one of the podcasts, where she had been to a funeral, she had went and ate two pieces of pizza, she decided she was not overeating she just let her husband overeat, she wasn't gonna blame. Talk about blame, she could've easily sat there and said, "My husband wants pizza, oh great, now I have to overeat, and I've been-"

Kathy: Well he even tried to get her to eat more. She had talked about how he said, "You're not eating enough, come on eat some more."

Corinne Crabtre: He was food pushing, she just came from a funeral who wouldn't blame, well I've been to a funeral I should be able to eat more, or blame this husband and stuff, so she didn't do it. She was talking to us about it in our live like she commented about it, and in the middle she puts, "And, it's not that big of a thing." And I like went in right there and I'm like, "You guys have got to quick dismissing your successes." If you want to be loved as a mother and appreciated as a mother, guess who has to do that first?

You've got to believe that you're a good mother because I promise you, like I was sitting there thinking, "You know what, it's not because, I love cards, I love flowers and I love gifts." I did not get a card or anything, Chris never even said anything about mother's day yesterday, and the reason why it didn't bother me is because I know I'm a good mother. I tell myself all the time all the great things I'm doing. I know I'm a great wife.



- Kathy: I want to be celebrated 365 days a year, not one day a year.
- Corinne Crabtre: Right, and so like yesterday I was just, I talked to people about this the other day in my private journal on P-N-P, is I've been asking myself routinely what is great about them right now. Like, what is so amazing about my boys right now, and yesterday I saw all the things that made it a good mother's day. It didn't have anything to do with Hallmark or, you know, what's the 1-800-flowers.
- Kathy: Yeah.
- Corinne Crabtre: No gifts or anything. Now, Logan did come and want to buy me dinner and stuff.
- Kathy: But, you saw his generosity in that.
- Corinne Crabtre: Yeah, I didn't sit there and go, "Wow, it's mother's day, thank God I got something." You know?
- Kathy: You were able to celebrate the fact that you've taught your son how to be generous, and that's a beautiful thing.
- Corinne Crabtre: I think, but it starts with, I mean like ... I tell people all the time Chris and Logan are not super demonstrative about their love. They're not gonna sit around and give me accolades and all this other kind of stuff. That's why a lot of the times I joke around with them, and so like, "Tell me how great I am." You know, I'll tell Chris like, "Man, you are married to one smoking hot wife." I mean, I can do stuff all the time because I hear myself say it, it makes me appreciate it, it makes him chuckle and giggle, but I also look for all the little ways that he loves me because I love me. I don't sit around and think about all the little things that he's not doing or not saying, because it could easily be like, there are just as many women that would sit around go like, "You mean when you're out of town you guys don't talk, he doesn't want to talk to you, you don't call, he doesn't call you, he doesn't say I love you every night?"
- I'm like, "No." I don't need him to call me every night to know he loves me, and that's how we roll. But, there would be other women be like, "Ugh, seriously? Everybody else is getting a phone call but me." It happens.
- Kathy: Wow, wow.



Corinne Crabtre: Back to the blaming, here's what I want you to really understand. If you are, you know, blaming other people for why you eat, blaming your job for why you're not working out, blaming your business on why you don't have time to food prep, like when you blame you are saying there are things outside of my control, and I just totally don't believe that.

I think that you have to truly believe that no matter what ever happens, you are always in control. If your job says, "You gotta work late tonight." And, you were scheduled to go and workout, you are choosing to stay at your job so that you can get your paycheck. But, what most women will say is, "Ugh, if it wasn't for my job I'd be working out right now." Which, feels terrible and that spirals a cycle of convincing yourself that the reason why I don't lose weight is because things happen to me.

If you sat there and you were just like, "You know what, I'm not working out tonight because I'm choosing my paycheck." You will not feel terrible. You will feel totally in control. You won't sit there and worry, "See, every time I start a diet something gets in my way." It's like a domino effect, and I did that for years. I remember when I weighed 250 and I was working at my job, I won't mention what company it was, I think I already have thought, I don't know.

Kathy: It was definitely food service.

Corinne Crabtre: Yeah, I worked in the food service-

Kathy: Lots of food.

Corinne Crabtre: Yeah, I worked like a few doors down from the research and development department but I traveled a lot, and for years I blamed my traveling and my job on why I didn't lose weight, because it was too hard. I was always eating in restaurants, I was always on the road, my schedule was wacky, all kinds of chunk. I look back now and I'm like, I really believed the story I was telling myself. I really believed that my job affected what I put inside my own mouth. My job is what made me eat till I was full because I was board on the road. You know? I mean it was just stupid things like that.



I wonder how many times I could have went into a hotel gym and just walked. I mean, I started my weight loss journey walking, I could have easily started with 15 minutes sometime when I was on the road, and I didn't because I lived in my painful story of how I just can't do it because whatever. I was blaming them, rather than taking ownership and saying, "Hey, you need a paycheck, you're choosing your job." And then, you open your brain, when you really understand that this is not out of your control you start getting, I think you start getting creative and crafty. You start looking for opportunities to do better versus blaming the world for how you can do poorly.

Kathy: Yeah, mine was genetics. I blamed genetics. Now, I have heavy people in my family. Well good grief, Corinne, who doesn't have heavy people in their family.

Corinne Crabtre: Well, no shit.

Kathy: I mean think about it, I didn't think about the cousins that I have that weren't heavy.

Corinne Crabtre: Right.

Kathy: You know? I thought about the people that were heavy. I didn't think about the fact that my grandmother used to share boxes of Twinkies with me, you know and that's why she was heavy or part of why she was heavy. I thought about, you know ...

Corinne Crabtre: Well, I used to like when my brother and I were growing up you know I was, my part of my story was we're just overweight in my family. My mom was overweight, you know, most of the people in my family were except for my brother, and I would always go, "Ugh, he's so lucky he can eat whatever he wants." He also played sports, like all the time. I didn't play sports. That never jumped to me that he was actually exercising three hours a day.

Kathy: It boils down to which truth do you want to believe, which truth do you want to give that control over too.

Corinne Crabtre: Right, and I think that that's a huge, I'm really glad you brought that up, because-

Kathy: Thank you.



Corinne Crabtre: You're welcome. Because, here's the thing, it's like what I tell people all the time is like if you want to keep blaming stuff, go right ahead, but I want you to ask yourself one question, is this making me better or not? I mean, because that's the bottom line of the stories. You can keep telling yourself that all day long but are you still fat, are you still overeating? If you are, it's not paying off. So, what if you just started saying something different? What if you quit telling that old, sad story, and you start saying, "Okay, I'm gonna level up my thought." Rather than saying, you know, "If only my husband wouldn't bring chips in the house." What if you just said, "You know what my husband likes chips, now's not my time."

Kathy: Yeah, I don't think I'll have any today.

Corinne Crabtre: Yeah, if I want it tomorrow I'll have it. Get like, I like to call them the bandaid thoughts, they're not the ones like, like I don't want you to go from like, "If he wouldn't bring chips I would have no problem." Too, "I have total control over my food." That's bullshit. I think what you want to do is you want to give yourself something you absolutely can be like, "Okay, I can hang onto that." And, it will feel uncomfortable and hard. If you're used to eating the chips you have to at least quit saying that that is the reason why you're over weight. That is the reason why it's hard. Just say like, "Look, I like chips, and I'll plan for them, but not today. I'm not blaming my husband, I'm not blaming my circumstances, I am not blaming the world for my own decisions."

Kathy: "I'm not blaming the chips."

Corinne Crabtre: Yeah, just take, the first step has always just been, "Okay, I get it, it's on me."

Kathy: Yeah.

Corinne Crabtre: A lot of times that feels heavy, when people like they'll hear and they'll be like, "Oh God, Corinne what are you telling me, that this really is my fault? I don't want this to be my fault." You know what, when you really understand that you have the control it can be a little scary, but it's the scary that's good. It's the scary that can lead to being productive and moving you forward, because if you have the control that means you get to make choices, anyone you want.

We tell our clients all the time, "You're one choice away from weight loss." You are one blaming moment away from the scale going up.

Kathy: Yeah.



Corinne Crabtre: You know?

Kathy: Good, yeah.

Corinne Crabtre: And then, so I'm going to give everybody homework this week, so, if you are listening in the car please don't write this down you're just gonna have to remember, well, Kathy you'll have to read the homework because y'all can't see us but I stand behind a little screen because I'm so loud that I screw up Kathy's mic. My husband has, he's built me a little podcast jail to stand behind.

Kathy: I wish you could see it, it's, I see her little eyes above the screen.

The assignment is to make a list of the top 10 things you blame, and these are things that are not characteristics of yourself, they're things you find in other people or other areas.

Corinne Crabtre: Yeah, the outside stuff.

Kathy: The outside stuff, so the top 10 things you blame and then you write down something that proves it wrong.

Corinne Crabtre: Yes.

Kathy: Okay, how is this just a lie?

Corinne Crabtre: Yes, we want, what I really want for you is to like start questioning everything you thought you ever believed about your weight. Start questioning everything you've ever believed about your ability to lose the weight. Really take that to heart, write down, what am I blaming? Just ask yourself, "Is this helping me?" And then if, I'm gonna tell you the answer's always no just in case you think it is, just be like, "Well, the answers always no." And then, the next thing is just to really go through it. I want you to really go through it and just be like, "How is this a lie?" Like, how is this just not true, and then you can go, then that's, like here's where the magic happens.



You're gonna hear yourself now say these things and think these things, it is gonna, I use this example all the time, it will be like a tornado siren in your head. Once you've like turned up the volume on your excuses and your blame and stuff, you're gonna hear them. No longer are you gonna just be like going through life wondering why you just keep eating, why you can't do this, why do I keep quitting. You're gonna know, and then you have, that's where like you just have the opportunity to be like, "Okay, I know this is not true, am I going to continue to repeat and believe it or am I going to stop it and be like no more. I'm going to tell myself a new story, and I'm going to keep telling myself the new story until I freaking believe it."

One day you will, but you really have to get aware of the ones you are telling now, and that's how you change guys. That's how you start losing your weight, and Kathy and I want it for all of you. We don't just do this podcast because it's fun to stand in podcast jail.

Kathy: You know, I think that's really true, I think you and I have both over the past four years for me and 10 years for you.

Corinne Crabtre: 12.

Kathy: 12, yeah, it's incredible how it feels on the other side.

Corinne Crabtre: Yes.

Kathy: It's just, it's you know, I think it's Coach Betsy that says she's found freedom, and it's just incredible, it's amazing, once you start hearing the crap that you're telling yourself and you pull the BS light on it and you go, "You know, that's not the truth, that's not the real deal."

Corinne Crabtre: Right, and it bleeds over into everything, like I know for me personally the more I've worked on bullshit that I've told myself for years around weight and my diet and stuff, it became so much easier for me to start working on the bullshit that I told myself around being a mother, having a kid with autism. My story for a long time was, you know, like I blamed autism, I blamed it for all kind, for taking my child, just all kinds of stuff. I had to apply the same stuff, I had to make my blame sheet of what was I blaming autism on, and I really realized I am in control of the relationship between me and my child, not autism, and when I finally realized this is on you it was a lot easier to start cultivating the relationship that I wanted and quit living the lie that I wasn't ever going to be able to have it.



I will promise you, like that mother's day yesterday when he came downstairs wanting to pay his money, when that child was diagnosed at five I would have never believed that that day would've happened, so you have homework, enjoy it. We will talk to you next week.

I hope you enjoyed today's show. I'd love to help you with your weight loss, too. Come on over to [pnptribeshow.com](http://pnptribeshow.com). That's P as in Paul, N as in now, and P as in Paul, [tribeshow.com](http://tribeshow.com). You'll find a free course that is sure to give you more tips and things you can do starting today to lose weight. I'm on a mission to make sure every woman has what they need to change their life, just like me.