

THE WAY OF THE WEIGHT-LOSS WARRIOR

DO THE WORK
AND LOSE THE WEIGHT



STANLEY F. BRONSTEIN

The Way of the Weight Loss Warrior

Do The Work and Lose The Weight

Stanley F. Bronstein

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My family and friends.

The good people of the planet Earth.

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The Concepts of Excellence

This book, like all the books in the Book A Week Writing Challenge series is based upon the Concepts of Excellence, as detailed in my 2019 book - ***How To Create Your Excellent Life*** and as expanded upon in this book, ***The Willingness Factor***.

A free digital copy of ***How To Create Your Excellent Life*** can be [downloaded at this link](#).

As a reference guide for you to use as you read this book, here is a list of the Concepts of Excellence, along with their related sub-parts (The 16 Untils, The 16 Laws and the 16 Benefits).

I have created short 3 to 4 minute videos on each of the 16 Concepts, as well as a Goal Setting Workshop. They can be viewed by clicking the links below.

- [**Introduction To The 16 Concepts Of Excellence**](#)
 - **The 16 Untils**
 - **The 16 Laws**
 - **The 16 Benefits**
- [**Concept #1 - Learning To Tell It Like It Is**](#)
 - **Until #1 - Until We Tell It Like It Is**
 - Until we start “telling it like it is” and then begin adjusting our actions accordingly, we will never achieve our maximum potential and evolve as a species.
 - **Law #1 - The Law Of Actuality**
 - No living person or system can remain in existence for very long without first having arrived at a level of full, realistic awareness of their own existence, sensations, thoughts and surroundings and then responding accordingly after having done so.
 - **Benefit #1 - Living In The Real World**
 - By incorporating Law #1 - The Law of Actuality into our lives, we will be creating a society where its members truthfully and accurately

assess and acknowledge their situation, and as a result, begin acting appropriately.

- **Concept #2 - Adopting Long-Term Thinking**
 - **Until #2 - Until We Adopt Long-Term Thinking**
 - Until we adopt long-term thinking and start focusing less on short-term gratification, we will never achieve our maximum potential and evolve as a species.
 - **Law #2 - The Law Of The Long-Term**
 - Repeated short-term discipline brings long-term rewards. Consequently, one must place reasonable limits on short-term pleasures, with the understanding long-term benefits will be the result.
 - **Benefit #2 - Living In A Sustainable World**
 - By incorporating Law #2 - The Law of the Long-Term into our lives, we will be creating a society based upon principles that are sustainable over the long-term, as opposed to an unsustainable society that cannot hope to last.
- **Concept #3 - Taking Personal Responsibility**
 - **Until #3 - Until We Stop Blaming**
 - Blame is irrelevant. Until we stop blaming others (and ourselves for that matter) and start fixing our problems, we will never achieve our maximum potential and evolve as a species.
 - **Law #3 - The Law Of Personal Response-Ability**
 - One must stop blaming others for anything wrong in their life. In fact, one must also stop blaming themselves. BLAME IS IRRELEVANT. All that matters is what are you going to do to fix the problem?
 - **Benefit #3 - Living In A World Of Problem Solvers**
 - By incorporating Law #3 - The Law of Personal Response-Ability into our lives, we will be creating a society where people are encouraged to become problem solvers, as

opposed to being complainers who either do nothing or possibly make the situation worse.

- **Concept #4 - Embracing Change**
 - **Until #4 - Until We Embrace Change**
 - Until we stop fearing change and start embracing it, we will never achieve our maximum potential and evolve as a species.
 - **Law #4 - The Law Of Change**
 - Everyone wants change, but few are willing to change. That's not the way it works. Change requires work. If one wants to see changes in their life and in their world, they are going to have to change first. Change starts with you.
 - **Benefit #4 - Living In A World That's Constantly Improving**
 - By incorporating Law #4 - The Law of Change into our lives, we will be creating a society that encourages constant and never-ending improvement, as opposed to one that fears it or discourages it.
- **Concept #5 - Focusing On The Possible**
 - **Until #5 - Until We Focus On The Possible**
 - Until we start focusing on the wonderful things that are possible and stop focusing on the negative things that are holding us back, we will never achieve our maximum potential and evolve as a species.
 - **Law #5 - The Law Of Focus**
 - Whatever we focus our attention on expands in our lives. If one focuses on positives, then positives will occur in their life. If one focuses on negatives, then negatives will occur in one's life. Consequently, the ability to positively focus on the most important task at hand is the key to success.
 - **Benefit #5 - Living In A World Without Negativity**

- By incorporating Law #5 - The Law of Focus into our lives, we will be creating a society that focuses on the positive things that are possible and one that stops focusing on the negative things that hold us back.
- **Concept #6 - Changing Our Perspective**
 - **Until #6 - Until We Change Our Perspective**
 - Until we change our perspective and realize that everything we give and everything we receive in life is a privilege, we will never achieve our maximum potential and evolve as a species.
 - **Law #6 - The Law Of Perspective**
 - Sometimes life requires a change in perspective. One's previous life challenges have made them into the person they are today and given them the potential to develop a fuller perspective as a result, provided they learn from said experiences and move on, as opposed to dwelling on them and looking back.
 - **Benefit #6 - Living In A World Of Privilege**
 - By incorporating Law #6 - The Law of Perspective into our lives, we will be creating a society where everything becomes a privilege and nothing is an obligation. We will be creating a society where everyone is encouraged to help each other and to care for each other.
- **Concept #7 - Envisioning A Brighter Future**
 - **Until #7 - Until We Envision A Brighter Future**
 - Until we begin envisioning the biggest, boldest and brightest possible future for ourselves, we will never achieve our maximum potential and evolve as a species.
 - **Law #7 - The Law Of Vision**
 - Visionaries see the future, finished in advance. Visionaries see that which others do not see. Visionaries see that which is possible, before it becomes obvious. Consequently, one must look

inside themselves and form a vision of their best possible future. No one else will do it for you.

- **Benefit #7 - Living In A World Of Conscious Choice**
 - By incorporating Law #7 - The Law of Vision into our lives, we will be creating a society that is based upon our own visions, passions and interests, as opposed to one based upon the visions, passions and interests of others.
- **Concept #8 - Learning To Give First**
 - **Until #8 - Until We Learn To Give First**
 - Until we learn to give first, with no expectation of return, we will never achieve our maximum potential and evolve as a species.
 - **Law #8 - The Law Of Attraction / Reciprocity**
 - What one gives to the world is what they will be given back. One must pay attention to that which they attract most. If they constantly attract desirable things, then little or no change is necessary. If one constantly attracts undesirable things, then change is required if one wishes to attract more desirable outcomes.
 - **Benefit #8 - Living In A World Of Givers**
 - By incorporating Law #8 - The Law of Attraction / Reciprocity into our lives, we will be creating a society that encourages its members to focus more on what they can give to others, and less on what others can give to them.
- **Concept #9 - Allocating Our Resources Wisely**
 - **Until #9 - Until We Allocate Resources Wisely**
 - Until we realize our resources have limits (including our time and energy) and begin using said resources wisely, we will never achieve our maximum potential and evolve as a species.
 - **Law #9 - The Law Of Readiness**
 - One must constantly prepare themselves so they are ready to act when desirable

opportunities come their way. Luck favors the prepared, as opportunities won't always wait.

- **Benefit #9 - Living In A World Of Abundant Creativity**
 - By incorporating Law #9 - The Law of Readiness into our lives, we will be creating a society that encourages its members to use their time and energy wisely for the purpose of constant and never-ending creation, as opposed to wasting said time and energy in the form of constant and never-ending consumption.
- **Concept #10 - Taking Consistent Action**
 - **Until #10 - Until We Act Consistently**
 - our stated words and expressed desires, we will never achieve our maximum potential and evolve as a species.
 - **Law #10 - The Law Of Action**
 - Envisioning, attracting and preparing for desirable opportunities will accomplish nothing, if one fails to take action upon said opportunities. Do not wait for things to come to you. Instead take action. Make it happen. Set appropriate goals and then take appropriate action toward the realization of said goals.
 - **Benefit #10 - Living In A World Without Hypocrisy**
 - By incorporating Law #10 - The Law of Action into our lives, we will be creating a society that encourages its members to act in a manner that is consistent with their stated goals and desires and to be appropriately rewarded for having done so.
- **Concept #11 - The Power Of Persistence**
 - **Until #11 - Until We Learn To Persist**
 - Until we learn to persist, despite all obstacles, we will never achieve our maximum potential and evolve as a species.

- **Law #11 - The Law Of Persistence**
 - Nothing can take the place of persistence. Patience, persistence and hard work are an unbeatable combination for success. Energy and persistence conquer all things.
 - **Benefit #11 - Living In A World Where We Ultimately Succeed**
 - By incorporating Law #11 - The Law of Persistence into our lives, we will be creating a society that encourages its members to never give up on their hopes and dreams, and to ultimately succeed by learning from their failures, as opposed to giving up as a result of said failures.
- **Concept #12 - Building A Foundation Of Integrity**
 - **Until #12 - Until We Start Acting With Integrity**
 - Until we rebuild our lives and our society upon a foundation of integrity, we will never achieve our maximum potential and evolve as a species.
 - **Law #12 - The Law Of Integrity**
 - Nothing can take the place of being kind, genuine, faithful, loyal, honest and sincere. Integrity is the foundation upon which all else is built. With integrity, one has nothing to fear, as one has nothing to hide.
 - **Benefit #12 - Living In A World Without Dishonor**
 - By incorporating Law #12 - The Law of Integrity into our lives, we will be creating a society that encourages the positive traits of integrity, kindness, authenticity, faithfulness, loyalty, honesty and sincerity as opposed to the dishonorable traits of deceit, hate, hypocrisy, unfaithfulness, disloyalty, dishonesty and insincerity.
- **Concept #13 – Respect**
 - **Until #13 - Until We Respect Each Other**

- Until we learn to respect ourselves and to respect each other, we will never achieve our maximum potential and evolve as a species.
- **Law #13 - The Law Of Respect**
 - One must respect others in order to receive respect from others. Likewise, one must respect themselves before others will respect them. Respect must be given before it can be received.
- **Benefit #13 - Living In A World Where Everyone Is Respected**
 - By incorporating Law #13 - The Law of Respect into our lives, we will be creating a society where everyone not only respects and cares about each other, but also one where everyone respects and cares about themselves as well.
- **Concept #14 - Learning To Think Win-Win**
 - **Until #14 - Until We Learn To Play Win-Win**
 - Until we learn that it's possible for everyone to win and that others don't have to lose in order for us to win, we will never achieve our maximum potential and evolve as a species.
 - **Law #14 - The Law Of Alternatives**
 - There are always alternatives. ALWAYS. One must open their mind to the possibility of said alternatives and look for them at every opportunity. There is always a way around. There is always a way over. There is always a way through. Look for the win-win at every opportunity.
 - **Benefit #14 - Living In A World Where Everyone Wins**
 - By incorporating Law #14 - The Law of Alternatives into our lives, we will be creating a society where everyone can win, because its members will realize that others do not have to lose in order for them to win.

- [Concept #15 - Creating A Balanced Life](#)
 - **Until #15 - Until We Achieve Balance**
 - Until we bring all our systems (individually and collectively) into balance by increasing that which is deficient and decreasing that which is excessive, we will never achieve our maximum potential and evolve as a species.
 - **Law #15 - The Supreme Law Of Balance**
 - A balanced system is a productive system. One creates balance by increasing that which is deficient and decreasing that which is excessive. Any system that is out of balance will not reach its maximum level of productivity.
 - **Benefit #15 - Living In A World Without Excess Or Lack**
 - By incorporating Law #15 - The Supreme Law of Balance into our lives, we will be creating a society where our excesses are appropriately curbed and our deficiencies are appropriately addressed, thus creating a balanced and sustainable society.
- [Concept #16 - The Willingness Factor](#)
 - **Until #16 - Until We Are Willing To Permanently Change**
 - Until we are willing to permanently change in a manner that is consistent with the Concepts of Excellence, we will never achieve our maximum potential and evolve as a species.
 - **Law #16 - The Law Of Willingness**
 - If one wants to see permanent, positive changes in one's life, then one must be willing to make permanent, positive changes in their life. Lasting, positive change will not happen if there is a lack of willingness to do what it takes, for however long it takes.
 - **Benefit #16 - Living In A World That Has Permanently Changed For The Better**

- By incorporating Law #16 - The Law of Willingness into our lives, we will be creating a society that has permanently changed for the better and will continue to permanently change for the better.
- [Goal Setting and Goal Getting Workshop](#)
 - [Accompanying Goal Setting Workbook](#)
 - (Be Sure To Download For Use When Watching Workshop Video)

What Is External Trust

?

Trust is the glue of life.

*It's the most essential ingredient
in effective communication.*

It's the foundational principle that holds all relationships.

Stephen Covey

Trust

- reliance on the integrity, strength, ability, surety, etc., of a person or thing
- confidence
- confident expectation of something; hope
- to rely upon or place confidence in someone or something

Trust is knowing you can count on someone, or something.

Trust is the foundation upon which our society is built.

I call this type of trust - external trust.

External

- of or relating to the outside or outer part
- situated or being outside something; acting or coming from without
- of or relating to the world of things, considered as independent of the perceiving mind

Life often requires us to trust others.

- We have to trust our spouse.
- We have to trust our children.
- We have to trust our employees.
- We have to trust our neighbors.
- We have to trust others.

But what happens when you can't trust your spouse; your children; your employees and others?

Everything begins to fall apart.

If you have trust, you have a strong foundation and you can build a strong society upon that foundation.

If trust is lacking, your society will be weakened and might even collapse.

In short, trust is the glue that holds everything together.

When I know I can depend on you, it makes my life easier.

When you know you can depend on me, it makes my life easier.

Trust is essential. That's why it's part of Concept #12 - Integrity.

As Law #12 - The Law of Integrity states:

Nothing can take the place of being kind, genuine, faithful, loyal, honest and sincere. Integrity is the foundation upon which all else is built. With integrity, one has nothing to fear, as one has nothing to hide.

If you want your external world to be strong, you've got to have trust.
It's absolutely essential.

What About Your Internal World ?

Trust yourself.

You know more than you think you do.

Benjamin Spock

Internal

- existing, occurring, or found within the limits or scope of something; intrinsic
- existing solely within the individual mind
- coming from, produced, or motivated by the psyche or inner recesses of the mind
- present or occurring within an organism or one of its parts

Perhaps even more important than our need to be able to trust things that are external to us, we need to be able to trust ourselves.

This is not always easy to do.

Quite often we are riddled with doubt when face with problems.

We are uncertain about our thoughts and ideas.

We question everything we do.

We hesitate to believe in ourselves.

Why?

There can be many reasons for our doubt.

Some chief reasons may be:

- We were not taught to believe in ourselves when we were children;
- Many leaders in our society don't want people to be empowered
 - People who believe in themselves are harder to control than people who constantly doubt themselves
- Negative self talk
 - Do you use words like can't and won't all the time?
 - If you do, you are constantly reinforcing your doubts about yourself.
 - These doubts will paralyze you and prevent you from taking action.

If you want to be successful in life, you're ultimately going to HAVE TO believe in yourself and have confidence in yourself.

But, if we apply Law #6 - The Law of Perspective, we would rephrase that statement and say:

If you want to be successful in life, you're ultimately going to GET TO believe in yourself and have confidence in yourself.

If you've had doubts about yourself in the past, realize those doubts are in the past. You can put them behind you; start believing in yourself; and move forward.

As Law #6 states:

Sometimes life requires a change in perspective. One's previous life challenges have made them into the person they are today and given them the potential to develop a fuller perspective as a result, provided they learn from said experiences and move on, as opposed to dwelling on them and looking back.

If you've doubted yourself in the past, don't worry about it.

Just forgive yourself and learn to start believing in yourself in the future.

Trusting Yourself

*We tend to overestimate the abilities of others
and to underestimate our own.*

Trust yourself.

Author Unknown

What would you say if I told you that you are capable of more (MUCH MORE) than you can possibly imagine?

Would you doubt me, or would you believe me?

Let me share a bit of my own personal story.

- 11 years ago, I weighed 320 pounds.
- I was a couch potato.
- I got very little exercise.
- I ate a horrible diet and I ate way too much.
- My health was terrible.
- My knees ached.
- I had high blood pressure.

Since that time:

- I have lost approximately 170 pounds
- I have walked 49,000+ miles

- That's the equivalent of walking the circumference of the Earth (at the equator) about 1.98 times
- I have walked 86 marathons (26.2 miles in a single day)
 - 2010 - 1 Marathon
 - 2011 - 1 Marathon
 - 2012 - 32 Marathons
 - 2013 - 30 Marathons
 - 20 of them were on consecutive days
 - 2014 - 1 Marathon
 - 2015 - 15 Marathons
 - 2016 to 2018 - None
 - 2019 - 3 Marathons
 - 2020 - 3 Marathons so far, and the year's not over
- My blood pressure is normal
- My health is excellent

If you would have told me 11 years ago that I was going to walk around the Earth twice and do 86 marathons over an 11 year period and lose 170 pounds, I would have thought you were nuts.

Even I would have doubted my ability to do that.

Yet somehow, I did it.

How is that?

It's because I didn't set limits on myself and I believe in myself. I simply said I was going to start eating better and I was going to start walking and we'll see where this goes.

Every day, I got a little bit better than the day before.

When I first started, I had trouble walking for more than 30 minutes.

Now I walk 5 hours a day (on an indoor treadmill while I'm doing my work).

It's amazing what we can do, IF WE START BELIEVING IN OURSELVES.

It's amazing what you can do, IF YOU START BELIEVING IN YOURSELF.

All you have to do is to start trusting yourself.

Getting Started

*The secret of getting ahead
is getting started.*

Mark Twain

If you're at the top of a mountain and you kick the right rock, you can start an avalanche.

But,

- you have to find the right rock; and
- you have to kick it

The Trans3mational System of Excellence referred to earlier in this book is designed to help you find the right rocks in your life and to help you figure out how to kick them.

The easiest way to get exposed to the system is to join our Facebook group called The Quantum Sanctuary.

<https://QuantumSanctuary.com/JoinFB>

Once your free membership is approved, you will be able to click on the UNITS tab for the group and get free access to hours and hours of useful materials.

These materials are designed to help you look deep inside yourself to find the answers you are seeking.

No matter what you seek, I can promise you that you're not going to get there until you first get started.

So, what are you waiting for?