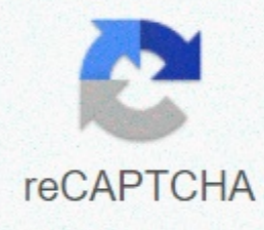




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Stop

9 November 2018 2 minutes read opinions expressed by entrepreneurial donors are theirs. Do you desperately need to stop making excuses, and yet, no matter how much you try to convince yourself to get something done, you just don't have the energy needed to complete the task at hand? In episode 2 of 60 Seconds Unstoppable, entrepreneurial network partner and bestselling author Ben Angel reveals how a self-preservation situation can trigger plenty of excuses and how to distinguish between it being triggered by a lack of willpower or lack of energy. Want to be unstoppable in business and life? Take this 60-second quiz now to find out what's really stopping you, and don't forget to take a copy of Angel's new book Unstoppable Today. Related: How to Overcome Depression Through Proven Biohacking StrategiesEntrepreneur Network is a premium video network providing entertainment, education and inspiration to successful entrepreneurs and thought leaders. We provide expertise and opportunities to accelerate brand growth and effectively monetize video and audio content distributed across all digital platforms for the business genre.EN partnered with hundreds of business-leading Vertical YouTube channels. Watch video from our network's on-demand partner on Roku, Apple TV and the entrepreneur app available on iOS and Android devices. Click here to become part of this magnification video network. Get high discounts for books you like delivered directly to your inbox. We'll include a different book every week and share exclusive deals you won't find anywhere else. Boost your business knowledge and reach your full entrepreneurial potential with the exclusive benefits of Entrepreneur Insider. For just \$5 a month, get access to premium content, the Internet, an experience without agitation and more! You'll also enjoy a free 1-year entrepreneur magazine offer. Create your business plan in half the time with dual impact with developer PLUS's BIZ design powered by LivePlan. Try free risk for 60 days. Credit: Getty Images Inhale your food in a nearby trance not only takes the joy out of meals, it also stimulates overeating. This allows you to be more attentive in any food situation - and finally correct the habit of eating zombies that can make you gain weight. Credit: Getty Images You pulled your gaze away from Jane the Virgin to discover a pint of empty ice cream. Alternatively, scroll through your Facebook feed while you scoop popcorn into your mouth. Whenever your brain is elsewhere when the food sits in front of you, you chew thoughtlessly - a straight path to overdoing calories. I call it eating zombies, says Susan Albers, author of Eating Mindfulness. It's eating when we're not aiming. Nibble while distracted and you're more likely to miss out on internal hunger cues and consume more than your body Need. Research shows that giving your plate all your focus, on the other hand, can help with weight loss and lower your risk of type 2 diabetes and heart disease. So how do you do it in the real world ?? This prevents the greatest threats to eating wide awake. Credit advertisement: Getty Images Chicks movie and cheese plate. Scandal and imitation. Parking yourself in front of the TV with a spread is a recipe for an over-eyed, over-nosed. Americans watch, on average, more than three hours of TELEVISION a day, a new survey has found, and several studies have shown that our screen time increases high-calorie snacks. When we watch TV, it gets our attention, explains Michelle May, MD, creator of AmiHungry.com. We're not tasting. We're not having fun. We don't know how full we are. Listen: The simplest and most effective steps you can take are turning off your TV when eating and separating the dining area from your media space. (Advertisements can also spark thoughts about food, notes Albers.) Setting an environment that reminds you that you sit down to a meal - instead of routinely sitting on the couch for dinner on TV - helps you register every mouthful, she adds. Even when you order food, remove mats, remove food from containers for the road, and use actual plates. Credit: Getty Images Hiding a mixture of trails and granola snacks handy while you connect to work can make you go calorie crazy, usually without a message. In one study from Cornell University's Food and Brand Lab, researchers gave office workers all the chocolate they could eat for a month. When it was on their desks, they ended up down about 125 calories worth more a day than when it was in a separate room. You can say, 'Big Deal,' but over the course of a year, it translates to 8 or 9 kg, says Brian Wansink, PhD, director of the Food and Brand Lab. Tune in: Store your entire office eating at least 6 feet; Distance gives you a chance to consider whether you're hungry enough for a treat, explains Wansink, and prevents your hands from lingering in a snack drawer while you're consumed by all the work. (The trick can also help you eat about 60 percent fewer calories, according to another food and brand lab study.) Advertisement credit: Getty Images It's too easy to fall deep into a conversation about a pasta dinner with your significant other or laugh with girlfriends on a table of hors d'oeuvres at a happy hour. We're distracted, the food is delicious, and we pack it while our mouths continue. And then often what happens is we think, 'I've messed up. I can also keep eating and drinking. I'll be back on my diet tomorrow, says Dr May. Tune in: When you sit down to a meal, first estimate how hungry you are, then create what's called a quick teacher. You can make it a visual sign, like handing out your sandwich in Or just imagine a midpoint, explains Dr. May. When you encounter a bump, stop and check again by asking yourself if you're enjoying your food and whether you're full. Dr. May also suggests putting your forsothing after each bite, so you can distinguish between talking time and chewing time. It reminds you to focus on the conversation before you lift your forswing again, she says. Credit: Getty Images We often think we can't give up the extra minutes to take a real lunch hour. But inhaling meals at your desk is fatal to your waistline and your job. First, it may define a Pavlovian response, in which you crave food every time you work, pointing to Dr. May: if I eat while replying to an email, for example, simply being in front of my computer can make me want to eat. You can also focus better on your job if you allow yourself short lulls, research shows - although you think you have too. A lot. L.L. is the myth of multitasking, explains Dr. May. When you hear yourself repeating the sentence I don't have time, the more you need a break. Listen: On days when you can't escape outside or go out to the cafeteria, find a separate table from your work area. Not an option? Vacate your chair so you can't see the open screen and the stack of rides. Needless to say, turn off anything that beeps, buzzes, or dings. Then give yourself at least 1-2 minutes of real focus to set the tone for the rest of the meal, albers adds. Credit: Getty Images If you find yourself whistling through the drive-in for your favorite coffee drink or sipping green juice or smoothie behind the wheel, you may be guilty of drinking on autopilot. And because you don't chew something actively, it's even easier to lose focus: when I ask people what they ate that day, they don't think about what they drank, watching Laura Lygos, RD, TheSassyDietitian.com. Coffee with cream and sugar, Arnold Palmer, or fruit smoothie is often left off the list - and yet everything can add up over time. Most mindless drinking occurs in a car as a way to deal with boredom, movement, or excessive schedule, says Evelyn Tribole, RDN, co-author of Intuitive Eating. Plus, if they didn't make the drink or look at the label, don't people realize that the drinking can be loaded with sugar, adds Ligos.Tune in: Get in the driver's seat? Default healthy drinks without calories or low calories, such as water, cold black coffee or unspotted tea. If you perceive an option like a meal (that fancy frappé or protein shake), wait and watch yourself really

drink it and get to know if you're full or not full yet, says Ligos – even if it means pulling into a parking lot and taking two minutes to enjoy the first sips here and now. Credit Advertisement: Getty Images Five techniques the pros use to fully erase distraction With their food every time they sit down to savor a meal. I say a word of thanks. It changes your mood and puts you in the right state of mind. – Brian Wansink, PhD Eating is about feeling good, not being good. So I make the point that I want to feel better when I do eat than I did when I started. It will affect every decision I make, from how much food I take to what food I take. – Michelle May, MD I'm really looking at the first bite. I was at a conference, and there was a huge display of cookies. It would have been so easy to grab one and walk away, but I really looked and noticed they looked hard and dry, so I passed right by. This break helps me decide if I really want it. – Susan Albers, PsyD I take five slow breaths, making breathing longer than inhale. Hafa is connected to the Parasympathetic response. It's the part of our body that helps us digest food. You can try to aim for four counts and a six-count prom. – Tiffany Cruikshank, founder of Yoga Medicine and author of Your Weight Meditate I stop and ponder where the food came from and all the hands that made it, which raises a natural sense of gratitude. —Judson Brewer, MD

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