

YLD Chat Archives

January 2003

- Holiday Wind-down and BE Crash - January 01, 2003
- Doing WW or Atkins plus YLD - January 08, 2003
- Journaling - January 22, 2003
- To Get and Give Support - January 29, 2003

February 2003

- Wagon Wheel of Weight Loss - February 5, 2003
- 2 Topics, Potassium & Stress - February 12, 2003
- After the 3 Legs & Weight Loss - ... February 19, 2003
- Too Busy to Focus on Food - February 26, 2003

March 2003

- About Making Connections - March 12, 2003
- PROFOUNDLY Different from Dieting - March 19, 2003
- Stimulant Detox - March 26, 2003

April 2003

- Soy - April 2, 2003
- No Topic but Party - April 9, 2003
- Rest - April 16, 2003
- Diet Workbook - April 30, 2003

May 2003

- Sugar Feelings - May 5, 2003

June 2003

- Shock! About Weight Loss - June 6, 2003
- Getting Your Body Moving - June 11, 2003
- Cardio - June 18, 2003
- Advanced Protein Calculations - June 25, 2003

July 2003

- Change the Food, Change Your Life - July 2, 2003
- Carbohydrate Fuel - July 9, 2003
- Insulin Resistance - July 16, 2003
- Oh No Not Breakfast - July 23, 2003
- What Happens with Spirituality - July 30, 2003

August 2003

- Step 7 Breathes the Others - Aug 6, 2003
- Shifting after Doing the Food - Aug 13, 2003
- Informal Chat - Aug 20, 2003
- How Deep is Breakfast -..... Aug 27, 2003

September 2003

- Doing Food Around Regular Life -Sep 3, 2003
- Protein for Snacks - Sep 10, 2003
- Weight Loss Continuum - Sep 17, 2003
- Hopelessness Into Hope - Sep 24, 2003

October 2003

- Resistant Weight Loss - Oct 1, 2003
- Loved Ice, Loving Ourselves - Oct 8, 2003
- Basics - Why We Stick With It -..... Oct 15, 2003
- 7 Ds to Radiance - Oct 22, 2003
- Self Discipline in Program - Oct 29, 2003

November 2003

- Shocking Topic: Caffeine!.....- November 5, 2003
- Go Back and Reread! YLD and Chats - November 12, 2003
- Thanksgiving and the Best of Problem Solving - November 19, 2003
- Gratitude for the Program November 26, 2003