

YLD Chat Archives

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

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

August 2003

- Step 7 Breathes the Others - Aug 6, 2003
- Shifting after Doing the Food - Aug 13, 2003
- Informal Chat - Aug 20, 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

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

May 2003

- Sugar Feelings - May 5, 2003

April 2003

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

Diet Workbook - April 30, 2003

March 2003

About Making Connections - March 12, 2003

PROFOUNDLY Different from Dieting -March 19, 2003

Stimulant Detox - March 26, 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

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