



Hi, I'm Melinda Sohns and I am the owner (CEO) of Turning Yourself Inside Out Coaching. I am so excited to spend the next 8 weeks with you sharing the tools I found on my own journey to losing weight.

I wanted to start with video so that in the weeks to come when you are listening to the audio lessons or hearing me on a group call, you have a picture in your head of what my office space looks like, what I look like. My intention is to create a lasting connection so that you feel supported during those times we are not sharing space.

In our first group call (Tuesday evening @ 6pm CST) I will get to meet each of you for the first time and learn where you are in your weight journey. In later weeks we will delve deeper into how you arrived at this body, the one watching this video and what you want to accomplish by investing in yourself thru UnPack Your Emotional Baggage.

Here are some of the things you should know about me.

- I grew up in a family of women who were always on a diet. They gained and lost the same 20 lbs over and over. They sat on the sidelines of their lives waiting to finally lose the weight.
- I was a naturally weighted person until my early 20's. Between pregnancies and a stressful marriage, I used food as a form of rebellion (it was the one thing I could control) and as a companion (I was very lonely)
- I've lost 100 lbs twice AND gained it back.

Losing weight could only become a priority if it was sustainable and permanent. So I set out on a quest. My kids were grown. I had the time, money and desire to invest in finding my answers. That's how my business was born.

The tools I have to teach you are unlike anything I had ever been exposed to as a weight solution. I've used them for the past two years and I finally understand WHY I ate when I wasn't hungry and more importantly HOW to stop. I learned how to feel my emotions so that I don't need to eat them.

I've attached a couple of resources to this lesson. There is a short video for each one to explain the tool. The temptation is to view them but to skip doing them. You've made the monetary investment, make the soul investment of introspection. You are not crazy, lazy, weak or a failure. There is a reason you haven't lost the weight yet. Those answers can be found in your thinking. I will teach you the skill of cleaning your mind the way you clean your house. It is the most powerful feeling I've ever known.

One final note. My intention is for this program to leave you changed at the end. We have all bought programs and then never consumed them. Or quit half way thru because we got bored or uncomfortable. You don't need more intellectual knowledge about weight loss. You need tangible tools that get you past the potholes that make you give up. You have unlimited FB and email access to me the entire 8 weeks.

Plan to be different. Plan to learn to love the body you are in TODAY because that is the clearest path to you at a natural weight. Weight is your body's way of getting your attention. I am so thankful for this weight - it lead me to these answers. I'll see you on Tuesday!

Find me on Facebook: Melinda Sohns or my business page Turning Yourself Inside Out Coaching

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