

Unlocking



YOUR LIFE

The 7 Steps to..

Stop Emotionally Reacting and Start Living Life

Health, it is one of the biggest topics in the world from famine to over indulging; both not good for your health and wellbeing. I know for more than 30 years I emotionally ate and would consume a bag of lollies and chocolate bar every day and more when I was not dealing with life. I took on other people's judgments and feelings and just couldn't cope and never once thought that the food I was consuming was part of the fuel that sustained my cravings and kept me in a toxic state of shame. Food is not the only toxic thing we consume that effects our health, other things such as; negativity, the weather, past events and traumas, basically our whole mindset is also a massive constant that keeps us trapped and disengaged in life.

What to do about all this and how do we get our health back? There are three main areas we need to focus on; food and the toxins, our past and people and their toxicity; our emotional resilience. Only when all three are worked on simultaneously can we break old habits and our addictions. Most people have some kind of addiction but would most likely not admit it, do you know yours and would you ever admit it? An addiction can be good and bad, it just depends on how often and what it is. If I haven't scared you off with the word addiction that's great, it means you want to change and interested in doing something about it, as most people do not want to face their fears and empower themselves, mostly because they do not know the benefits or don't know how. With so many gimmicks and people focussed on money these days I can defiantly relate to that. I am not here to promise anything, as it does depend on you, you are the one that needs to take that leap of faith, you are the one that needs to follow and implement the tools and strategies not me. My job is to guide and support you, along with my wife Jackie, that I promise you, as much as we can and every day if needed.

Our past, do you know why you emotionally react to things in life? Are you ready to stop reacting? What triggers us in life is a past experience that we have learned and now

formed a patterned behaviour in our lives. Talking about it alone does not change these behaviours and avoiding them only hides them deeper. There are 7 steps though that can break the rollercoaster

1. Know what triggers you that causes you to emotionally react. The awareness of you your emotional trigger leading you to sabotage yourself; thinking it is keeping you safe.
2. Understand what is blocking you and keeping you in that reactive state of mind; the ridged unconscious patterning stopping you reaching your true potential and self.
3. Break or mend the link between your head and heart, most likely egotistical or broken heart; emotional connection.
4. Evaluate what repels you and attracts you and get the support and tools you need; your environment/field and how they interact with you and you to it.
5. Journey through your process and work though those steps mentally and physically; the physical process to overcome your struggles.
6. Look at what judgments you took on and see yourself in others; reflect upon your unconscious reasoning.
7. Paradoxically your stuck and need a guide to shine the light and hold your hand to work through it. Clarification of the cause and effect and if you want to change or not; just knowing is enough to let go of the emotional attachment.

Food, something that no one knows everything about but is highly manipulated. Something that in someone's lifetime can understand but most likely avoid unless their health and life depended on the need to change. If we are not aware of what our food does then that is a massive issue and epidemic. Sure, a predominant organic plant-based diet is the best, yet mentally our brain shut off and says no! I am not here to tell you this is a must, just the most optimal choice. Also note that even organic food all around the world still lacks vitamins and nutrients that our body needs and many people do not even know that. There are two easy steps for this and that is firstly fill our body up with the optimal nutrients and then after 3-5 days remove the toxins that we have been holding over a lifetime.

Everyone is different and unique, why do we listen to others and follow them? What works for one person may not work for others. I know that ever person that I have ran an experiential process work to shift blocks there was not one person the same. In life most people want the short cut, I get it and what I am giving you is a shortcut. It is up to you if you want to do it alone or work alongside me to achieve your goals. Self-development is huge and something that requires over twenty-five thousand words to explain, give guidance, tools and strategies; for this reason, I wrote Emotional Resilience.

Emotional Resilience (ER) is a Lifebook, bringing an in-depth awareness to your emotional triggers so you do not become overwhelming and paralysed from life. ER pushes past the identification of the emotions experienced and gives you processes to work through to overcome the emotional demands of life. ER is a practical guide encouraging you to take action in your own life, empowering you with tools and strategies to recover from these emotional stakes.

From here it is up to you to take the next step with my first recommendation to work through the first book Emotional Resilience, then my second Unlocking The POWER Within, The 7 steps previously mentioned. During this or after you might like to work on your food and removing toxins from your body and giving you the best nutrients for optimal results.

Book purchases can be made through my website: www.UnlockingYourLife.com.au

All other areas is best to email me directly mark@UnlockingYourLife.com.au

ONLY YOU CAN TAKE THE FIRST STEP, BUT STEP YOU MUST

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The 7 Steps to **STOP** Emotionally Eating FOREVER

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