

# PEERtrainer User Survey

What Ideas, People, Books Or Programs Helped You During This Time?		
		Response Count
		198
		<b>198</b>
		<b>12</b>
		<i>answered question</i>
		<i>skipped question</i>

Response Text		
1	Because I started so many things at the same time, I can't say for certain which one has made the biggest difference. I think it is the combination of several methods of focus that have made this final attempt at weight loss actually successful. I've quoted PEER trainer during Weight Watchers meetings, and have checked in on the message boards to see what others are doing. The accountability of weight watchers, the structure of a 10k training plan and then P90X and the encouragement of PEER trainer have worked together to get me through this.	Jan 10, 2010 7:46 PM

Response Text		
2	<p>I joined Weight Watchers and began an exercise regime 8 months ago for the umpteenth time in my life. It was at one of my meetings that someone mentioned Peer Trainer. I gave it a try and really liked the Tip of the Day. The tips got me thinking in a good direction. So, I started to explore the groups on Peer Trainer and after a lot of trial and error found my way into many that work for me.</p> <p>Then at the suggestion of Jackie and Habib I purchased copies of "Eat to Live" and "Eat for Health" by Dr. Joel Fuhrman. I also read "Volumetrics." I think that was when things really started to come together for me--that's when my diet fusion really occurred. Without the idea of diet fusion, I can't see how Weight Watchers can be successful for me in the long run. (I can elaborate on this point if you need me to--it is at the heart of why I am successful at losing weight.)</p> <p>At some point during my transformation I picked up on a television show on BBCAmerica called "You Are What You Eat." It's a fabulous look into why people are obese and has confirmed everything I have learned. Watching 3 episodes a week continues to give me great inspiration today. I purchased a cookbook from Dr. Jillian McKeith, the nutritionist who hosts the show. Her recipes are vegan, they fit perfectly into the "Eat to Live" program, and they push me to explore all sorts of unique foods.</p> <p>I also subscribed to the Peer Trainer series on Emotional Eating. I picked up on the fact that many people on PT were reading and exploring "The Beck Diet Solution." I was invited to join a PT team of people working through Beck's system together. Like "Eat to Live" transformed the way that I eat, "The Beck Diet Solution" transformed the way that I think. I continue to work her steps everyday. I can't forget to mention the role that exercise has played in this. I started with Pilates on the reformer twice a week, added brisk walking 4 days a week, and finally began doing Power Vinyasa Yoga 3 days a week (which has supplanted the walking during the winter here in the midwest). The combination of strengthening, toning and cardio has altered the way my body looks. I also stay really motivated to stick to my food plan because I want to be able to excel at fitness and that's a lot easier to do at your ideal weight.</p> <p>I really do not know where I would be without everything that I mentioned. My weight loss tools have come from a lot of different sources, but everything complements each other beautifully. I feel like I owe Jackie and Habib (by way of PT) my life. They have changed its course forever by creating PT.</p>	Jan 10, 2010 8:48 PM
3	Dealing with "Limiting Beliefs" that're inside me/hindering growth	Jan 10, 2010 8:56 PM
4	I found the choices in programs i could research was a great help to me. It was nice having everything available at one web site. I also liked that you didn't say only one way will work, you gave us the choice as to which one would work best for us. I also like the communities we can join. Your program is a very user friendly program. I also like I have the choice to receive so much for free.	Jan 10, 2010 9:15 PM
5	logging meals and exercise on PEERtrainer; being introduced to Dr. Fuhrman; reading Healing Back Pain on Jackie's recommendation.	Jan 10, 2010 10:07 PM
6	Dr Joel Furhman has changed my life with his teaching of high nutrient food..so, my idea of a meal has changed from having to have some sort of fish (I don't chicken or meat) to just enjoying some braised bok choy or a huge summer squash for dinner.	Jan 10, 2010 11:01 PM
7	I like the articles.	Jan 10, 2010 11:36 PM

Response Text		
8	Two books that made me change my thinking. Your Erroneous Zones from Dr Wayne Dyer 7 Habits of highly effective People from Dr Stephen Covey  Now that I changed my attitude and the way I approach things I use the Leanness Lifestyle to work on achieving new goals. Books that helped me along the way where Eat to live Slow burn, less the training aspect, that was pretty useless to me, according to the book I was already doing everything right. But the attitude towards working out.	Jan 11, 2010 12:57 AM
9	recipes, any practical information about food such as always having frozen veg. in the freezer	Jan 11, 2010 7:26 AM
10	I have been a member of Weight Watchers since April 2009, and signed on to PEERtrainer a month later. I have also joined a gym, and found numerous websites, cookbooks (a few of my favourites include Rose Reisman "Weekday Wonders", Janet and Greta Podleski "Eat, Shrink, and Be Merry", and the "Hungry Girl" series. I have many motivational techniques, and look for any new ideas that help keep me on track and focused (I believe you call it "diet fusion").	Jan 11, 2010 12:31 PM
11	Simple questions in my email. I love those. Hearing about others and their success, ways of eating.	Jan 11, 2010 2:01 PM
12	I love Bob Harper's attitude. I like this book because it talks about emotional eating. I like Bob Green's Best Life Diet too. I think it is the best long term, sustainable plan.	Jan 11, 2010 3:25 PM
13	Dr. Oz's "YOU on a Diet" was my guidebook for the most part.	Jan 11, 2010 3:35 PM
14	Not much - having very difficult time balancing time re: work, due to pressures there.	Jan 11, 2010 3:35 PM
15	I like the new emails from Jackie. Some good ideas there.	Jan 11, 2010 3:36 PM
16	Having groups and people to talk to. Not giving in after having a bad day, each day is new.	Jan 11, 2010 3:38 PM
17	E-mails I received from Jackie helped a lot. Also reading about people who managed to go on 10K run was inspiring.	Jan 11, 2010 3:38 PM
18	7 steps to changing anything in your life.	Jan 11, 2010 3:38 PM
19	my group	Jan 11, 2010 3:42 PM
20	Fat Smash, WW	Jan 11, 2010 3:43 PM
21	Point of No Return Program Tip of the Day emails Eat To Live (The hypnosis cds you recommended are next on my list to try)	Jan 11, 2010 3:47 PM
22	Recipes, quick tips (ie weighing at night sure puts a damper on raiding the fridge!) Jackie manages to personalize her responses to make you feel better connected	Jan 11, 2010 3:47 PM
23	keeping track of my calories consumed helped me a lot	Jan 11, 2010 3:49 PM
24	Recently I loved the Limiting Belief article.	Jan 11, 2010 3:52 PM
25	My group "Marathon Veterans" has been a MAJOR inspiration. The members are very active loggers and we have daily chats.	Jan 11, 2010 3:53 PM
26	My peertrainer group, husband, Weight watchers, my gym	Jan 11, 2010 3:58 PM
27	weight watchers helped a ton, as did all the info I received from peertrainer: recipes and exercising info. as well, tracking what I ate and the activity I did was hug.	Jan 11, 2010 4:03 PM
28	at the moment nothing seems to be lost motivation	Jan 11, 2010 4:03 PM
29	Faith, Family Physician, Biggest Loser and Personal Inspiration.	Jan 11, 2010 4:03 PM
30	They have all been of interest, none has brought me to a new revelation.	Jan 11, 2010 4:04 PM

Response Text		
31	Joined Crossfit; am considering the paleo lifestyle	Jan 11, 2010 4:04 PM
32	I am enjoying the daily notes from Peer trainer.	Jan 11, 2010 4:06 PM
33	Ideas posted by other participants regarding organizing my home	Jan 11, 2010 4:06 PM
34	The emotional eating email. I am very healthy with my diet, but I would find that stress and loneliness trigger the emotional eating. Now I stop look at my feeling and face them.	Jan 11, 2010 4:10 PM
35	Some links have been very good. Recipes good also.	Jan 11, 2010 4:14 PM
36	Just being able to communicate with my team is huge!	Jan 11, 2010 4:14 PM
37	The Emotional Eating series of audiofiles have been the most helpful.	Jan 11, 2010 4:19 PM
38	I love the group support. I've met some great women who I truly consider friends. I really like the Beck Diet Solution. The Dr. Phil books are what got me started. I've also read Eat to Live, The Fat Smash Diet books and more.	Jan 11, 2010 4:22 PM
39	The idea that ultimately you can't rely on any program to help you. You have to do it on your own. Seek local face-to-face support if need be (e.g., a trainer).	Jan 11, 2010 4:22 PM
40	My team mates!	Jan 11, 2010 4:24 PM
41	My group-mates first and foremost. We are extremely tight knit and I have come to consider them close friends. I also use Becks when I feel like I am slipping off track. I tried South Beach as well but the low carb aspect does not jive with my level of exercise.	Jan 11, 2010 4:33 PM
42	9 days eating plan	Jan 11, 2010 4:33 PM
43	I didn't read any of this!!!! Sorry	Jan 11, 2010 4:37 PM
44	One of my groups has become my core group of friends. I also get emails from SparkPeople that are interesting. And I'm going to a gym pretty regularly for the first time in my life.	Jan 11, 2010 4:38 PM
45	simple recipes like green smoothies + veggie soups. Eat to Live.	Jan 11, 2010 4:39 PM
46	n/a	Jan 11, 2010 4:41 PM
47	The people in my PT group have been a huge help. I have also used the Biggest Loser as inspiration to watch while exercising.	Jan 11, 2010 4:47 PM
48	none	Jan 11, 2010 4:58 PM
49	I appreciate the info on 4-5 smaller meals, increasing my vegetable and fruit intake. I don't drink cokes, eat chips or eat anything with transfats, but have passed this info onto my children.	Jan 11, 2010 4:59 PM
50	Well the girls in my "group" are fantastic. They have recommended work out dvd's. JM 30 day shred, Jm books, etc. Just the daily logging has been a big help.	Jan 11, 2010 5:02 PM
51	the biggest loser on tv and the reminders by peertrainer	Jan 11, 2010 5:02 PM
52	I liked success stories and stories about healthy and bad foods	Jan 11, 2010 5:03 PM
53	Peer Trainer Accountability, seeing how others are getting on. How to stick to a diet; Weight Watchers, Paul McKenna	Jan 11, 2010 5:03 PM
54	The nice thing about PT is that its founders seem to regularly review a variety of ideas/approaches/tools and regularly share their passion for book or product. Though I may not choose to sample a given promotion, their passion for the various ideas usually results in my extracting a truth I can use, i.e., give your body the nutrition it needs and perhaps it won't always seem to be calling out for more, more, more.	Jan 11, 2010 5:04 PM
55	Ideas and examples from other members.	Jan 11, 2010 5:09 PM
56	Success stories.	Jan 11, 2010 5:12 PM
57	The eat to live Dr. Furmahn book is helpful perspicitive.	Jan 11, 2010 5:15 PM
58	logging and interacting with my team. keeping myself accountable by writing down everything i put in my mouth, counting calories.	Jan 11, 2010 5:17 PM
59	Journaling - Wish I could keep at it.	Jan 11, 2010 5:17 PM

Response Text		
60	I've been on 4 different teams throughout my time on PT. Currently still on 3 of them. I started one of them (triathletes) and got in on the beginning of another (men's team). Accountability has been a key benefit for me. We can hold each other truly accountable because the reason we know each other is to do that. There's nothing personal about holding each other accountable, it's uncomfortable when we see each other in another setting because we don't. I like the honesty and toughness that the anonymity offers.	Jan 11, 2010 5:20 PM
61	i have enjoyed and used the emailed tips and info from Jackie. They are helpful reminders. I did not use the Peer function. I use Weight watchers online.	Jan 11, 2010 5:22 PM
62	Dr. Fuhrman, Dr. Barnard, www.nutritionmd.org, Eat to Life, Eat for Life...	Jan 11, 2010 5:22 PM
63	I like the downloaded calls from Jackie and Joshua. I listen to them as I walk, and they have really stuck with me when I get into that "grab-and-go" mood when it comes to food. As I said, I am far more aware of what I'm doing, and a food log has helped me see where I eat, when, what I'm feeling--very interesting.	Jan 11, 2010 5:29 PM
64	I have been on the Fat Smash Diet for a week, so far it's going great.	Jan 11, 2010 5:33 PM
65	Daily journaling, daily weigh in. PONR. PT teams. Tom Venuto. Seeing Jackie, Habib and Joshua's logs!	Jan 11, 2010 5:37 PM
66	The idea that has helped me the most was from the very beginning of PONR in bootcamp. That was to change just one habit. Which has turned into changing several habits, which has turned into losing several pounds.	Jan 11, 2010 5:40 PM
67	YOU: On a Diet, by Dr. Oz was a good read. I also have read all the books by Michael Pollan and have greatly improved the quality of my diet.	Jan 11, 2010 5:41 PM
68	Couch-to-5k plan on marathon mamas page, tnt on preg before, during and after (now a facebook friend, used to read her logs daily b/c she had so much success).	Jan 11, 2010 5:42 PM
69	Tip of the day and the EE program / e-book and the PONR. Spark People. Beck Diet concepts. I then utilized Eat For Health and high nutrient eating. Diet fusion is brilliant in its commonsense low anxiety approach of one size does not fit all and as an antidote to whay diets fail. I'd like to say the message boards and teams but really not so much. I'm not inspired- have to keep looking but I am doing well inspite of that. The calls are my favorite - wish they were longer! I use the when on the treadmill.	Jan 11, 2010 5:43 PM
70	One group I'm in-Committed for Life! The women in that program provide alot of positive feedback that has been very helpful. I'm also reading the Beck Diet solution, and the articles that Jackie sends via email helps too.	Jan 11, 2010 5:46 PM
71	Jackie's soup; Joel Fuhrman's books; my sister, Tiffany Thompson, for encouraging me to join PT & stick with it; food logging	Jan 11, 2010 5:46 PM
72	Prayer.	Jan 11, 2010 5:47 PM
73	The ladies in my group have greatly helped	Jan 11, 2010 5:47 PM
74	I read and applied the principles found in the book "Fasting" by Jentezen Franklin. This is based on the Daniel fast which is a 21 day period during which one does not eat any meat or meat products, dairy, sugar or bread. It taught me a lot spiritually and as a side benefit, I learned a lot about foods and lost a lot of weight. I read most of the articles found on the peertrainer site and got ideas from other fellow PT members. I followed a running programme to run 10K in 12 weeks and followed the exercise principles put forward on PT	Jan 11, 2010 5:55 PM
75	I've used PT as part of my At-Word Weight Watchers program.	Jan 11, 2010 5:59 PM
76	I recently purchased the Hypnosis Network CDs. So far, I haven't seen any improvement, but I have my fingers crossed.	Jan 11, 2010 6:02 PM
77	The idea of just putting your mind to it, you can accomplish anything. Fellow PEERTrainers in the Spotlight group and the many people I met in my groups.	Jan 11, 2010 6:15 PM
78	The tips on Halloween were actually great, I always think of Christmas as a problem time but PEERtrainer pointed out the earlier weight-gain-start-date. I also like the emphasis on the power of positive thinking	Jan 11, 2010 6:15 PM

Response Text		
79	Just knowing someone is out there. I wish there was more in person.	Jan 11, 2010 6:25 PM
80	Gosh, there were several from PEERtrainer, especially the weekly (or more often) emails I received from them. Also, my sister, daughter, and I are on this weight loss journey together, using Weight Watchers.	Jan 11, 2010 6:28 PM
81	Ph Miracle for Weightloss Just starting to read Slow Burn	Jan 11, 2010 6:30 PM
82	Thanks to site indication, I read: Disease-Proof your Child, Eat for Health/Life (I got a e-book copy). Both were real eye-openers for me and I've incorporated some of the advice (did not do the program because I'm breastfeeding). Just started with Slow Burn this week. I absolutely hate running and the book explains why (and proposes a solution)	Jan 11, 2010 6:36 PM
83	I got injured right off the bat and dropped out at that time. Then just recently I got back on. I have loved Joel Fuhman's books and Slow Burn. Even tho I am not faithful to the knowlege I am gaining, I feel that I am making slow progress.	Jan 11, 2010 6:39 PM
84	Tip of the day, Joshua and Jackie, my Peer Trainer group and Dr. Fuhman ( I recently ordered 2 of his books).	Jan 11, 2010 6:45 PM
85	Stu Mittleman (Slow Burn), Robert Temes (Hypnosis tapes) and Dr. Fuhrmann (Eat for Health diet)	Jan 11, 2010 6:47 PM
86	NoExcusesWeightLoss	Jan 11, 2010 6:50 PM
87	the calorie counter really helped	Jan 11, 2010 6:52 PM
88	I am writing down everything I eat.	Jan 11, 2010 6:57 PM
89	It helps to get your whole family involved and have an in house support group along with peertrainer.	Jan 11, 2010 7:03 PM
90	None.	Jan 11, 2010 7:29 PM
91	Just being accountable, even if I'm the only one in the group, with my daily log. It helps you to be more concious of what goes into your mouth.	Jan 11, 2010 7:35 PM
92	the idea of fusion -- using concepts, programs from various books, diet gurus and i really like the emails	Jan 11, 2010 7:59 PM
93	the Point of No Return program, HANDS DOWN!, Joshua Wayne & Jackie Wicks and thus as result, also Dr. Fuhrman (Eat for Health)...the idea of emotional eating was a new discovery AND being the hero of MY journey is VERY motivating...finally, I truly know that my onging and permanent weight loss IS POSSIBLE!!!...finally, being accountable to my team and groups is very helpful...	Jan 11, 2010 8:01 PM
94	How To Build High Self-Esteem by Jack Canfield Audio Cassettes, (you can still get these on eBay, but sadly they do not have CD sets as they are that old.) Using his repetition system which are mantra's of sorts. He uses one for money as an example, but it works in all areas. I also find that using a beaded necklace and touching each bead with each mantra is successful. He says that all of your senses should be involved in the process, touch, sound, smell, etc. It does work, I tripled my salary in one year using it, so I decided to try it for Weight Loss, and have lost five pounds since I started chanting "I am losing weight, and feeling great." I also say this when walking and it keeps my brain from wanting me to sit down every five seconds, lol. I follow Weight Watchers, my Peertrainer group, Qi Gong video workout.	Jan 11, 2010 8:02 PM
95	We've supported each other in our successes and our 'failures'.	Jan 11, 2010 8:04 PM
96	Team members, Te Master Cleanse,The Secret & The Four Agreements	Jan 11, 2010 8:06 PM
97	dr becks diet solution	Jan 11, 2010 8:31 PM
98	EE program! For sure.	Jan 11, 2010 8:40 PM
99	Just having the support of like minded people has helped me tremendously.	Jan 11, 2010 8:42 PM
100	Definitely #1 is Diet Fusion. The things that come to mind are the Dr. Furman principles and the woman who changed the 3 things (green tea, etc.) I really get a little something from everything you send. I love the New Balance link you just sent out. Thank you!	Jan 11, 2010 9:12 PM

Response Text		
101	There was one lady that lost quite a bit of weight, and she still had more to go, i found her story very inspiring.	Jan 11, 2010 9:17 PM
102	Some of your emails have been very inspiring. I am not disciplined enough in my own mind	Jan 11, 2010 9:18 PM
103	Low calorie diets & excersizing	Jan 11, 2010 9:24 PM
104	A lot of the eercise ideas have helped me.	Jan 11, 2010 9:31 PM
105	I used the Hypnosis CD's by Roberta Temes, I read the Joel Fuhman books and am half way thru Stu Mittleman's book. I did not use the online groups all that much. Loved the email of the day!	Jan 11, 2010 9:35 PM
106	Love the daily tips and especially love the soup recipe. Do you have any other recipes that help you curb your appetite?	Jan 11, 2010 9:41 PM
107	Joel Fuhman's books	Jan 11, 2010 9:43 PM
108	I became motivated when I finally realized that I needed to loose the weight and start moving in order to make my surgeries successful.	Jan 11, 2010 9:48 PM
109	My group has been amazing - 3 of us have been together since I joined	Jan 11, 2010 9:50 PM
110	I just got two books , Eat to Live and Slow Burn for Christmas. the questionnaire of where you are in the weightloss( are you a 1,2 or 3) mindset was very important to me.	Jan 11, 2010 9:53 PM
111	Regular logging plus the Boot camp calls and the Emotional Eating calls.	Jan 11, 2010 10:06 PM
112	youtube, the vegetable soup,what to keep in your refrigerator (love that vegetable soup)	Jan 11, 2010 10:09 PM
113	Mittleman and his ideas. Your Energy soup for sure.	Jan 11, 2010 10:10 PM
114	The daily tips help remind one to stay the course of change.	Jan 11, 2010 10:12 PM
115	hypnosis peers	Jan 11, 2010 10:16 PM
116	Bob Greene's Best Life Diet. A group's idea about lifting weights, on this site.	Jan 11, 2010 10:31 PM
117	Learning about getting active .	Jan 11, 2010 10:53 PM
118	Mostly the articles.	Jan 11, 2010 10:55 PM
119	i dont know	Jan 11, 2010 10:59 PM
120	None to date, like the public blog and success stories and tips	Jan 11, 2010 11:00 PM
121	The motivation from team and group members.	Jan 11, 2010 11:17 PM
122	daily emails	Jan 11, 2010 11:20 PM
123	PT articles - Jackie & Joshua Beck Fuhman T. Venuto my PT diet buddy & my groups	Jan 12, 2010 12:19 AM
124	Weight watchers/ Peer trainer/ Hungry Girl/	Jan 12, 2010 12:22 AM
125	Your daily newsletter is great.	Jan 12, 2010 12:26 AM
126	no one	Jan 12, 2010 12:28 AM
127	My sister and friend who joined my group. I love the eat clean cookbook by Tosca Reno it has awesome easy healthy recipes.	Jan 12, 2010 12:28 AM
128	The point of no return Dr Fuhman's way of healthy food The idea that one should do at least one good thing every day whether regarding the food or some sort of work out	Jan 12, 2010 12:28 AM
129	Various website content	Jan 12, 2010 12:29 AM
130	The weekly articles	Jan 12, 2010 12:34 AM

Response Text		
131	Dr. Fuhrman, Roberta Temes, concepts such as how to eat at a restaurant, the 3-bite rule, the "One Good Day" concept. All great ideas and I fully believe in them all. I just can't seem to live it!	Jan 12, 2010 12:34 AM
132	Ideas: 1 lb of spinach or 1 lb of cabbage per day Eat to Live book was a great recommendation I love Jacquie's manner: girlfriend next door popping in to give encouragement on so many levels - videos!	Jan 12, 2010 12:47 AM
133	Its only been a week, but I ordered "slow burn" by mittleman	Jan 12, 2010 12:50 AM
134	Nothing so far.	Jan 12, 2010 1:12 AM
135	The support and ideas I get from group members has been most helpful. I feel accountable to them. Also helpful -emails, emotional eating recordings, Slow Burn, Body for Life for Women, The Beck Diet Solution, using community "threads" to track weight with other PT members (spot trends, patterns)	Jan 12, 2010 1:30 AM
136	Eat to live Daily exercise in the logs was a good reminder	Jan 12, 2010 1:33 AM
137	The Tip of the Day helped me, and I love and respect Dr. Fuhrman's advice.	Jan 12, 2010 1:40 AM
138	Jackie's e-mails helped tremendously, as well as the interviews that you link for us to listen to/read. Whether we have 20 or 200 lbs to lose, weight loss comes down to the same principles (calories in vs. calories out) and people seems to have the same struggles mentally with it. Logging my food made a HUGE difference for me as it brought me "out of the dark and into the light" when it comes to calorie counts!!	Jan 12, 2010 1:51 AM
139	My groupmates, general weight loss ideas from multiple programs/ diet plans	Jan 12, 2010 1:51 AM
140	the audio downloads have been the best so far	Jan 12, 2010 2:20 AM
141	Ongoing, new info is the most helpful. Furman's ideas, the ongoing encouragement on a daily basis.	Jan 12, 2010 2:24 AM
142	Also through Peer Trainer I happened on Gould's book and motivated myself to go see the school Nutritionist who recommended Intuitive Eating. Both were good reads. Finally getting a swimming partner again was the actual best help for me. Just having a live body I meet regularly naturally makes me accountable for excercise (makes it fun!! and something to look forward to, and no excuses for skipping on a freezing cold day or a tired day) really helped. Additionally, talking to the nutritionist, who was truly more like a counselor helped me cut down on emotional eating and make a plan of other things to do with myself when I go stir-crazy/lonely. Finally, getting pregnant again cut down snacking the first trimester, but now it's the second trimester and my aversion to food is gone. I love food again!!!	Jan 12, 2010 2:28 AM
143	The emotional eating emails	Jan 12, 2010 2:36 AM
144	The people in my groups over the years. Reading about the days of people with similar struggles. Will get around to reading the beck Diet solution. The book that really resonated true to me is: "Ultra metabolism" and how it promotes real foods. No corn syrup/hydrogenated oils. Etc .  I participate in a 3 week cleanse twice a year(for two years now)-that I LOVE-. Acupuncture and therapy.	Jan 12, 2010 2:41 AM
145	Team members dres85, andreakw, powerfrau, margeis32, the team approach I found very helpful.	Jan 12, 2010 2:43 AM
146	dissatisfied	Jan 12, 2010 2:49 AM
147	Bodylastics were purchased directly due to exposure on your site.	Jan 12, 2010 3:10 AM
148	I have been using the Beck Diet Solution and it works.	Jan 12, 2010 3:11 AM



Response Text		
149	Other members have been great.  I consult the following websites: calorieking shape mensfitness womensfitness self	Jan 12, 2010 3:36 AM
150	Point of no Return is awesome. I need daily reminders. I get more help from Jackie and Joshua's articles than I do from members.	Jan 12, 2010 3:45 AM
151	Beck Solution	Jan 12, 2010 3:54 AM
152	I like Jackie's questions about what are you losing weight for and what success you have and what are your road blocks. I just discovered the community and have started to explore some of the other tools.	Jan 12, 2010 4:14 AM
153	My group members have helped me with motivation	Jan 12, 2010 4:15 AM
154	daily tip	Jan 12, 2010 4:30 AM
155	I've been on weightwatchers for this time period as well. I have really appreciated your insights, and they've motivated me a lot. Things like "motion changes emotion". It's true! Or discussions about becoming more optimistic and what the difference is between optimism and pessimism. I've actually been able to use these concepts in my life. Maybe they've helped my fitness program. They've definitely helped my self-perception.	Jan 12, 2010 4:44 AM
156	tip of the day and goal settingalso getting rid of Poulos and associated programsI find these are a lot of hot air,verbal diarrhoea and money grabbing	Jan 12, 2010 4:46 AM
157	My PT group! And Dr. Joel Fuhrman and Dr. Mark Hyman.	Jan 12, 2010 4:47 AM
158	Just hearing how people do what I'm doing	Jan 12, 2010 5:51 AM
159	The diet ideas.	Jan 12, 2010 7:03 AM
160	My group was great but my computer crashed and I was removed from my group and that was the begining of the end.	Jan 12, 2010 7:07 AM
161	friends that joined weight watchers helped. mom helped too and also suggested this site.	Jan 12, 2010 8:22 AM
162	the daily mails are great motivators.	Jan 12, 2010 8:56 AM
163	joel fuhrman	Jan 12, 2010 9:33 AM
164	reading your tips has kept me interested in the program and determined to lose the weight I want to lose.	Jan 12, 2010 9:43 AM
165	My group has been my encouragement to try new things and to keep going.	Jan 12, 2010 11:04 AM
166	recommendation of Fuhrman's and Mittlemen's books	Jan 12, 2010 11:29 AM
167	Joel Fuhrman Judith Beck bodybuilding.com PT PONR Program	Jan 12, 2010 12:26 PM
168	Dr. Fuhрман's Eat to Live, the encouragement of people on the PT site, Beck Diet Solution	Jan 12, 2010 12:31 PM
169	Peertrainer's mindset approach to losing weight - I never realised before how much weight loss it is a mental battle.	Jan 12, 2010 1:04 PM
170	My current group have been helpful as well as the articles Jackie has put on my emails.	Jan 12, 2010 1:29 PM
171	Self Motivation, Challenge with a neighbour , Nowloss.com - big follower of this website has helped me a lot in every stage.	Jan 12, 2010 2:02 PM
172	logging, logging, logging. keeping a record of intake (food), exercise, and weight loss.	Jan 12, 2010 2:08 PM
173	I've started incorporating a lot more greens in my diet.	Jan 12, 2010 2:22 PM

Response Text		
174	I follow the plan of Weight Watchers. Trying to change life style and dietary choices.	Jan 12, 2010 2:27 PM
175	the idea of how much willpower i have. Whenever i wanted food when i didnt need it i had to make myself think of what i would become if i kept eating nonstop	Jan 12, 2010 2:30 PM
176	Joel Fuhrman's emphasis on vegetables, esp. greens. I have read his books. The daily email, I've seldom missed a day reading it. The idea of taking what works from various diets and doing 'diet fusion'.	Jan 12, 2010 2:32 PM
177	Tip of the day really gives me a little nudge to keep my mind on track.	Jan 12, 2010 2:41 PM
178	I look at Tip of the Day from Jackie often and learn from it, but, mostly logging and following others in the groups has helped the most.	Jan 12, 2010 2:56 PM
179	Tips from other participants - how they get through emotional eating and late night snacking.	Jan 12, 2010 3:30 PM
180	Keeping in mind that failures can be redefined as learning experiences.	Jan 12, 2010 3:38 PM
181	My small groups have been the most helpful. They give me encouragement when I am struggling.	Jan 12, 2010 4:07 PM
182	The Dr. Oz show, the Biggest Loser.	Jan 12, 2010 4:08 PM
183	my group members are awesome - sometimes they're the only ones who keep me focused	Jan 12, 2010 4:15 PM
184	Logging definitely has helped, as has the support of 3 support groups	Jan 12, 2010 5:11 PM
185	The cooking tips, such as when Jackie made her vegatble soup. Using greens for smoothie. Books by Joel Furman are really helpful. Also the Tip of the Day! That rocks!	Jan 12, 2010 5:42 PM
186	daily inspirational emails.	Jan 12, 2010 6:14 PM
187	DietPower software program	Jan 12, 2010 6:36 PM
188	Master Your Metabolism, The Slow Burn Fitness Revolution. I like the tips on here like how to fight late night hunger, things to do like get a exercise buddy and accountability partner. Again lacking time and people to converse with about goals etc.	Jan 12, 2010 6:37 PM
189	My naturopath recommended Suzanne Somers' Somersizing program (which is a healthy version of Atkins) and it has helped me lose TONS of weight.  I also believe that having a cheat hour once a week gives me something to look forward to. (Only an hour so the insulin rush isn't too overwhelming.)	Jan 12, 2010 6:54 PM
190	I read all the info you give us. I think about it throughout the day.	Jan 12, 2010 7:28 PM
191	the idea of looking inward for my real motivatio s	Jan 12, 2010 7:29 PM
192	Hypnosis, Dr. Furman, Jinny Ditzler	Jan 12, 2010 7:31 PM
193	I like the groups of 4 and are in a solid private one now. This is very helpful for all of us. We are all hoping to be more on top of it this year.	Jan 12, 2010 7:44 PM
194	I am incorporating Dr. Fuhrmans Eating for Health concepts. Yum :) And Paul Pitchford's Healing with Whole Foods. I like the strength training routine in Abs Diet for Women book. I like Thich Nhat Hanh and Pema Chodron for breathing, and inner support and strength.	Jan 13, 2010 12:04 AM
195	co bloggers, husband, 6 day makeover, weightwatchers.com, biggest loser with Jillian Micheals.	Jan 13, 2010 12:15 AM
196	The Point of No Return course with PT, the How to Think Like a Thin Person, by Dr. Beck, and summarized by PT (which is how I learned of it)	Jan 13, 2010 1:50 AM
197	Winter hibernation teammates mmostlly	Jan 13, 2010 3:34 AM
198	I started with ww about 8 months ago and stopped when I found PT.	Jan 13, 2010 3:35 AM