



The **Weighting for Happiness Project** is a self-paced online investigation into the real reason you keep regaining weight.

If you're stuck in the cycle of losing, regaining, and starting over, you don't need another diet – you need the missing information diets never give you: the root cause.

This is the most comprehensive stocktake of your weight and eating history you've ever done – because you can't change what you can't see.

It's called a *Project* for a reason: it has a clear start, a structured process, and a defined end. You finish with answers.

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## The Root Cause Roadmap: Track. Decode. Map.

### 1. **TRACK**

You track your long-term weight loss and regain pattern over time, so the cycle becomes visible. You review every solution you've tried and identify what worked, what didn't, and what it cost you. When women do this properly, they stop treating weight regain as personal failure and start seeing the pattern for what it is: predictable, repeatable and explainable.

### 2. **DECODE**

You decode the food beliefs and rules learned early; at the family table, in your household routines, in what was permitted, rewarded, punished, withheld, or controlled. These rules don't disappear just because you grew up. They become the background settings that shape eating today, even when you're convinced you're making 'good' choices.

### 3. **MAP**

Most women can only see two types of eating day-to-day: dieting and overeating. This project gives you a more accurate map: the Eight Types of Eating. You'll identify which eating type is causing regain and why healthy eating can flip into junk food when pressure hits. You'll also uncover something diets never account for: eating can be a solution to a different problem.

### What this investigation changes

- You stop trying to use more willpower
- You stop chasing the next 'perfect plan'
- You gain clarity about the true causes behind eating and weight regain
- You find the missing pieces that have been blocking permanent weight loss

The Project isn't a diet. It's not motivation. It's not another fresh start.

It's a root cause investigation that gives you what you've been missing: the full picture.

And once you can see what has been causing the cycle, you can finally step out of it.



## What is included in the Project?

This Project is designed to give you a complete diagnostic of why weight is regained.

### 1) A complete diagnostic roadmap (start → finish)

- A structured process that tracks your weight pattern, identifies what's been overlooked, and shows why the weight returns
- A clear end point: you finish with answers, not more uncertainty

### 2) 60+ guided sessions (self-paced online)

Across the Project you work through:

- 23 sessions to make your weight and dieting history visible
- 17 sessions to uncover the food rules and beliefs learned early
- 22 sessions to diagnose today's eating patterns and identify what drives regain

### 3) Your personal weight regain pattern mapped

You will:

- map your long-term weight loss and regain cycle
- review every solution you've tried and assess results
- step through how the pattern repeats and why weight returns
- identify external pressures and influences that impact weight cycling
- examine the multiple costs of dieting

### 4) Family Food Culture investigation (childhood food rules)

You will uncover:

- the rules learned in your family food culture that now run on autopilot
- how those rules shape what you eat, how you eat, and how you think about eating
- the difference between inherited food norms and your own personal choices

### 5) The Eight Types of Eating model (your core tool)

You will:

- learn there are **eight types of eating** (not just dieting and 'normal')
- identify which types respond to diets and which ones won't
- analyse how each type contributes to your calorie intake and weight regain



## 6) Relief eating & autopilot tools

You will learn:

- how eating for relief solves 'hungering'
- how to differentiate appetite from hungering
- the three stages of autopilot eating and how to get off the cycle early

## 7) A shame-free framework for honest insight

You'll bypass shame so you can:

- look clearly at what your eating has been doing for you
- uncover the rules determining your food choices

## 8) Email support

- Email support throughout the process to answer questions as you work

### In summary you'll get

- A complete diagnostic roadmap (start → finish) showing why weight is regained
- **62 self-paced sessions** guiding you through the full investigation
- Your personal weight regain pattern mapped; what worked, what didn't, and why it repeats
- A Family Food Culture enquiry that reveals the food rules learned early
- The **Eight Types of Eating** model to identify what's driving regain
- Relief eating + autopilot tools to understand eating under pressure
- A shame-free framework so you can see clearly without self-blame
- Email support while you work through the Project



## Frequently Asked Questions

The Weighting for Happiness Project is designed for women who can lose weight but can't keep it off. If dieting has become a cycle, the issue is rarely information. It's the root causes of overeating and weight regain have never been identified.

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### Is this another diet plan?

No. This program doesn't give you meal plans, food rules, or diet strategies. It helps you find what dieting can't; the cause of your recurring weight regain.

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### What makes this different?

Most approaches focus on food only. This program investigates the full system; your weight pattern across time, the rules learned early, and the eating patterns operating today. That's where the real answers are hiding.

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### What will I actually be doing?

You'll map your weight story, identify the hidden rules behind your eating, and learn the Eight Types of Eating. You'll see which type is active, what triggers it, and why it repeats.

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### What do you mean by 'Eight Types of Eating'?

Most women think there are only two ways to eat; dieting or overeating. The Eight Types of Eating model breaks that binary and shows you what's really happening in day-to-day life, especially under pressure.

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### Will this work if I've already tried everything?

That's exactly who this project was built for. If you've already tried multiple diets, programs, and 'fresh starts', the missing piece is identifying the root cause of your weight. Once you can diagnose the true drivers, change becomes possible without relying on willpower.

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### What will I have by the end?

- Clarity about the cause of your recurring weight
- Insight into the rules and patterns determining your eating
- A roadmap to conscious eating and lasting change

If you have other questions, send an email to [hello@weightingforhappiness.com.au](mailto:hello@weightingforhappiness.com.au)