

## British author reveals how self-love was the key to her 85-pound weight loss

HAVING lost over 85 pounds, British author Katie Lips wrote her latest book 'Love Yourself & Lose Weight: The Success Story of Self Love' to help people to lose weight with self-love where diets alone have failed.



**London, United Kingdom Jun 1, 2022 ([Issuewire.com](https://www.issuewire.com))** - For most of her thirties, Katie was officially obese and heading for morbid obesity. She looked nothing like she does now and was miserable in her own skin. In her twenties and thirties, she gained weight gradually and felt a nagging sense of regret as

she woke each day. When she ate a restricted diet, she lost weight, but she found diets hard to stick to, and she always ended up back at square one. But all that was prior to finding self-love and writing her book 'Love Yourself and Lose Weight'.

“Dieting is super hard when your brain doesn’t believe you can be a healthy weight. Or worse, when you don’t believe you deserve to be a healthy weight.”

She longed for something to magically change. One day it did. Unable to fit into US size 16 jeans, Katie made a decision. She was going to get back to a healthy weight and stop living with the regret. She instinctively knew what was required.

“I had fallen out of love with myself. Previously, I most definitely didn’t love or respect myself enough to give myself the gift of being a healthy weight. This time, instead of focussing on the mechanics of weight loss, I focused on myself. I focused on my mindset, started to practice self-love and the pounds started dropping off.”

Katie ate differently. She moved her body more. But she wasn’t following a difficult diet or exercise regime, she was just putting herself first. Instead of finding weight loss brutally painful and depressing, Katie started to find it easy, enjoyable even. She learned why she wanted to lose weight, she learned to love herself and treat herself well, and the weight dropped off. Just in time for her fortieth birthday, she was officially a US size 8 and a “healthy” weight with a BMI under 25 - something she never thought possible.

“I celebrated: not just because I had lost a massive amount of weight, but because I had learned to accept, respect, and love myself. I want to shout about self-love from the rooftops - it’s such a game-changer and we could all do with more of it.”

The book ‘Love Yourself & Lose Weight’ is indeed the success story of self-love. It is both Katie’s personal story - a story that so many people can identify with, and a blueprint for building self-love into your own life. It offers engaging activities to help readers start loving themselves more each day.

“Since I started telling people my story, I’ve been overwhelmed by the response. People know instinctively that self-love makes sense and that it really is as simple as making a decision to love yourself. What’s even more exciting is that this is working, not just for me but for others too.”

The book is published by Rebel Futures and is available in Paperback, Hardback, and eBook on Amazon.

Get some more self-love and read Love Yourself & Lose Weight today.

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## ABOUT THE AUTHOR

Katie Lips is an author, coach, and serial entrepreneur, who helps people around the world to learn to love themselves, lose weight and find happiness. In 2014, Katie stumbled upon the magic of self-love, began to study it, and build it into her daily routine. Quickly, Katie’s newfound self-love helped her to transform her life and to lose over 85 pounds (and keep it off). In 2021 she published her first book: “Love Yourself & Lose Weight: The Success Story of Self Love” to share this important message with the world. Katie now serves people who need more self-love in their lives, or who are self-love curious,

via her books, newsletter, and coaching.

Prior to focusing on self-love and publishing, Katie has been a senior leader in innovation, strategy, and policy for global organizations and has launched her own award-winning products and startups. Having become a certified coach, Katie now leverages her leadership skills and applies her creativity to help people win their weight-loss battles and transform their lives in other ways: with the magic of self-love.

## CUSTOMER REVIEWS

“Katie shows you how to improve the most important relationship you'll ever have - the one with yourself, with a series of activities that you can start right now.”

— Maggie

“If you're like me, up and down on an endless cycle of failure and success, this book is for you. I finished this book without the feelings of guilt and ‘must do better’, which is, in my opinion, half of the battle. The book looks from an entirely different angle at the whole subject and is written with compassion, thought, and care. Great book, thoroughly recommend it.”

— Steve

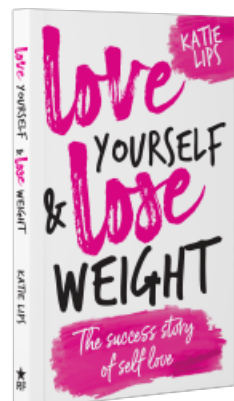
“A thoughtful, considerate and empathetic approach to not just weight loss, but to finding your own approach to living a healthier life.”

— M O'Connor

## LINKS

Amazon US

<https://www.amazon.com/Love-Yourself-Lose-Weight-Success-ebook/dp/B09M7SCZY1>



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