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[Hollywood Keto](#) Society can be cold and harsh at times. Being overweight has many disadvantages. The most obvious and significant is your health, and health related issues that come along with being overweight. Another disadvantage of being fat is people. Have you ever noticed when you're over weight, how people stare and make jokes and laugh at you? Some even make rude comments. People who judge and make others feel bad, usually have underlying issues of their own and hide them and want to make others feel bad.

Can you remember applying for a job being obese? Do you remember being the most qualified for the job? You were the one who had the degree, who had the experience. Guess who got the job, I didn't. My thin counterpart, with no experience, no degree, no experience, got the job because he/she was thin and was attractive. Hello, welcome to the real world this happens every day.

Now it has been over 2 years, and I have kept the 100lbs off. I have built up my self esteem to levels I haven't seen since I was young, I know from experience I had none, I was always down and out, blaming the world for choices about my bad eating habits but never blaming myself. Checking my weight on a weekly basis has helped me maintain the weight loss.

One of the most enjoyable moments after losing weight, were all the compliments I received, like "Oh you look so young," or "look at you" referring to my new wardrobe. People who hadn't seen me in a while were stunned at how I looked, because of all of the weight I had lost. Some even asked if I had some surgery or something.

The truth is, your attitude and drive will play a key role in your success or failure, you have to want this, and you have to want to lose weight. Ask yourself, are you tired of living the same ole way and doing the same ole things, like over eat. If I can give you a bit of advice, before you start, don't tell yourself that you will never be able to eat your favorite foods. If you do, just eat in moderation, and only once in a while. If you start the program and cheat a little don't give up.

Once you achieve results, your life will change forever. If you are like me you will never want to be fat again.

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