

Writing Meaningful Thoughts is Akin to Weight Loss Exercises: Study

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It could be that the act of writing down values and beliefs is the next big fat-buster, as part of a mental diet strategy.

A Canadian study suggests value affirmation as a psychological step towards weight-loss initiatives. According to the study, the intervention for effective weight loss is possible by writing down thoughts about one's self-defining values.

The research, published in *Psychological Science* – a journal of the Association for Psychological Science – stated that women who wrote about their most important values (like notes on close relationships, music or religion) lost more weight over the following few months than women who did not.

Read the whole story: [International Business Times](#)