



### *Gil's Purpose & Mission*

To awaken in others the belief that they don't have to accept their current life story, because of their life history or traumas of the past. To inspire change with the healing and removal of the emotional and physical burdens that stop us from the life we want and deserve.

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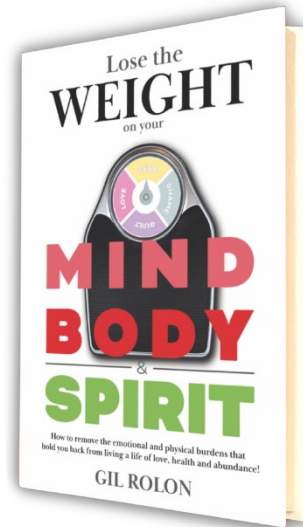
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## Book Details and Reviews

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### Amazon.com Review

A.R.

[5.0 out of 5 stars](#)

*Mending behaviors and healing to a new you*

[Verified Purchase](#)

For some of us, it is hard to put into words the inner feelings that have become heavy baggage in our life. It is like saving in the back of our brains painful memories/experiences, to avoid dealing with them, causing more harm than good. With this book, the author helped me to understand what it is that is holding me back. The author managed to ask the questions you don't want to answer, to make you think, to find what is the root cause. Recognizing, accepting what I cannot change, mending fences with what I can, and changing one step at a time, are some of the things I am accomplishing with the reading of this book to be a better me.

Amazon.com Review

Courtney Kempker

[5.0 out of 5 stars](#)

*Therapist Backed*

[Verified Purchase](#)

A great read for those in the early stages of healing from developmental trauma. Gil does a great job laying out expectations for the entire healing process, even for those with no background knowledge on trauma.

## Barnes & Noble.com Review

[5.0 out of 5 stars](#)

*A True Memoir of Change!*

If you are feeling lost and want to make real, lasting changes in your life, then this is a book you should read! I found the practical and anecdotal advice to be grounded while also being authentic. The various questions in the sections where you are asked to think more deeply about the topics in each chapter help you focus on what is discussed and apply it to your own life and situation.

## Gil Rolon BIOs

### SHORT

New Jersey resident, Gil Rolon, is on a mission to bring awareness by means of his new book, *Lose the Weight on your Mind, Body & Spirit*. How can we release physical and emotional burdens that keep us in a state of stress, anxiety and sickness? His lifelong struggle with emotional eating encouraged him to search how to remove the negative emotions that kept him from a healthy lifestyle.

### LONG

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anxiety and sickness? His lifelong struggle with emotional eating encouraged him to search how to remove the negative emotions that kept him from a healthy lifestyle.

His new book details how the reader can identify the root cause of the negative emotions that create stress on our minds and illnesses in our bodies. The spirit the book relates to is the core personality that the reader can rediscover for themselves and share with the world. This book identifies the practical explanation of the relationship of the mind, body, and spirit and how they can heal together.

## Author – Q & A

### From Emotional Eating to Emotional Healing

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The author was born in the Bronx, NY, in 1963. At that time, the Bronx was a place of poverty, crime, and insecurity. Raised by a single mother in that environment created a mindset of fear, anxiety, and pessimism. The foundation for his work and writing this book is a result of his personal journey.

## **What was the inspiration behind the search to stop emotional eating?**

After so many years of failing to control my eating habits, I had an “Aha” moment and thought to myself, why don’t I try to remove the negative emotions that made me overeat? Experts only talk about changing your eating patterns but do not address healing the emotions that are the foundation of this unhealthy habit.

## **What does the title of the book mean?**

The title of the book emerged when I realized that I had more than just body weight to lose in addition to the related illnesses. I also had heavy weights on my mind and was in a negative mental state that held my spirits down. The title is meant to bring awareness that we need to lose all the weights in our lives that affect our mind, body and spirit. We must heal our whole *person* which includes our mental and physical wellness.

## **How do we remove the emotions causing overeating?**

The first step to remove the negative emotions that cause unhealthy habits, such as, overeating is to become aware of what is causing the pattern. In this step you will *tell the story* of your life and explore the beginnings of your emotional weights. If you can identify the emotions that are causing your burdens, you can start to understand how your life history and traumas have affected your life. The next step is to *mourn* the losses of the negative experiences of the past. In discovering your life, you will find that you lost some type of important emotional or physical need. With any type of loss, you must go through a mourning process to bring closure and healing. The last step is to *heal your present* state of mind and body. This is the stage where most of the emotional work happens. You now must work to change your mental state to one that only promotes a healthy lifestyle. To heal these emotions will take changing your thoughts, words and beliefs. My book encourages the support of professionals like doctors, therapists, personal trainers, and nutritionists to make your changes in a safe environment. These three steps are a continuous work cycle needed to remove the mental and physical burdens in our life.

## **Do you consider this a spiritual book?**

I consider my book a practical guide to change your life and create mental and physical wellness. The *mind* I speak of in the book is the mental processes that are talked about by the fields of Medicine, Psychology and Science. The *body* chapter deals with how to use and care for your physical body to gain and maintain physical health. The *spirit* I speak of is your core personality that you share with the world. This is based on much research and experiences faced by professionals. Truly the base of how I learned to implement them in my life. My book is a memoir of change and I explain the journey that worked for me.

## **What is the writing style and content structure of the book?**

I chose to write this book in the tone of a supportive conversation. I intentionally left out technical details and terminology. I wanted my book to resonate and motivate the reader to start their own healing journey. I did not want to add any reference material that may distract the reader from focusing on the emotional work that needs to be done to make lasting changes in their life.

## **How long did it take to write this book?**

This book started from my own journal writings when I began to research about removing negative emotions and thoughts in my life. When I finally found the process to lasting change, I realized that this could help others searching for the same goal. It took me about 5 years to formalize the manuscript. So, in total this has been a 10-year journey for me. Writing this book has been a journey of self-love, compassion, and healing. I talk about many personal and emotional experiences as I traveled this journey to change. Living a present life and making changes for the better is a lifelong part of living a connected life.

## **How do you feel about writing so many personal experiences in this book?**

I believe that people learn when they can connect with a personal story that they can relate to. I wanted to be authentic to my journey of change. Being vulnerable is needed to heal your past, so I had to show that to the reader.

## **What do you want your reader to take away from the book?**

I want the reader to become aware of what changing your life really looks like. Change takes time, work and constant effort. I often state that self-love is the key to healing. I have emotional work questions after most of the sections of the book to help the reader examine themselves and their lives. I encourage the reader to be patient and compassionate with themselves because the journey to healing will be uncomfortable. This book is designed to help the reader become aware of the work that is needed to be done to remove emotional and physical burdens.

## **What kind of feedback have you gotten from your readers?**

I am so happy to say that many readers tell me that the book has given them the awareness that change can happen. One of my readers told me that they realized that the questions in the book are challenging them, and they are taking it slow but see the light at the end of the tunnel. I worked with a certified therapist, and they felt that the book will help people to understand how to heal from trauma. I learned at my book signing events that people connected with the book title and they were moved to purchase and read the book.

## **Are you planning to write more books on this subject?**

I am planning to write more books on personal development. The research I have done for this book has opened the awareness that I want to dedicate a book to certain topics like; How to become truly present and healing your inner child.