

Latest from the Blog

Start living a life that you truly love — and let the weight lose itself.



Meet Me in the Middle

There's a powerful technique that Olympic athletes use to get exponential results in their performance – and the outcomes are...



Shame on You

Remember when Charlize Theron won the Academy Award for Monster? She transformed herself into a female serial killer, which included...



Forget About It

There's a famous story about Albert Einstein in which he explains his theory of relativity to his secretary. When she...

(<https://camillemartinrd.com/perfectly-healthy/>)

(<https://camillemartinrd.com/the-art-of-food/>)





AUG
17

Perfectly Healthy

Whenever I'm scrolling through Instagram, I invariably come across an influencer who's promoting a healthy lifestyle. Most of



JUN
15

Book It

I just achieved a goal I've had for as long as I can remember: I published my first book. I...

(<https://camillemartinrd.com/discouragement/>)



AUG
03

The Art of Food

A few weeks ago, I pulled out my food dehydrator from the back of my closet, dusted it off, and...



JUN
01

It's Getting Old

The other day I randomly came across the music video for Blondie's "Heart of Glass." The very first thing I...

Reset Button

A few weeks ago, I had my first colonoscopy. (In case you're tempted to not click on "Read More," I...

(<https://camillemartinrd.com/its-all-about-you/>)



JUN
29

It's All About You

I have a confession to make: I don't look or feel my best right now. Part of it stems from...



MAY
18

Discouragement

My daughters and I watched the movie Tootsie the other night, and Jessica Lange – the romantic lead, who I...



MAY
04

Your Secret Weight-Loss Weapon

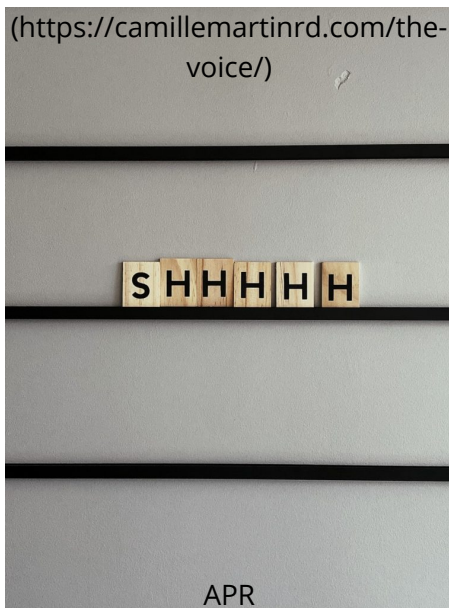
It's been about six weeks since we've been locked up in our houses, and I'm sure you're feeling about as...



APR
20

You're Allowed

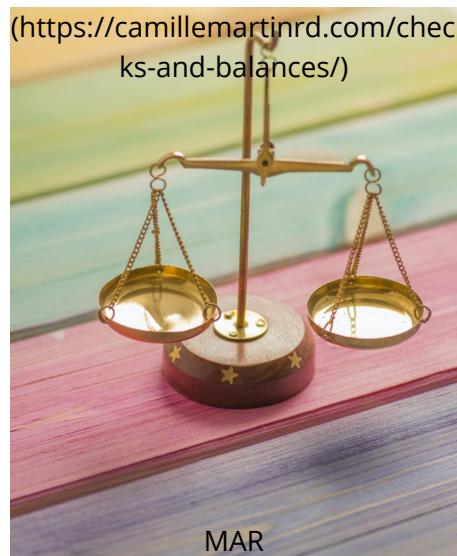
Last week, I totally lost it. I came home from the grocery store to unload my bags in a kitchen...



APR
06

The Voice

Have you ever found yourself arguing with one of your children, only to realize later how stupid and pointless it...



MAR
09

Checks and Balances

I was at a barre class recently and saw a good friend of mine. After suffering through an hour of...



FEB
24

FOMO

I love Halloween. And I mean I love it. Ask my daughters — they'll tell you. I love dressing up,...



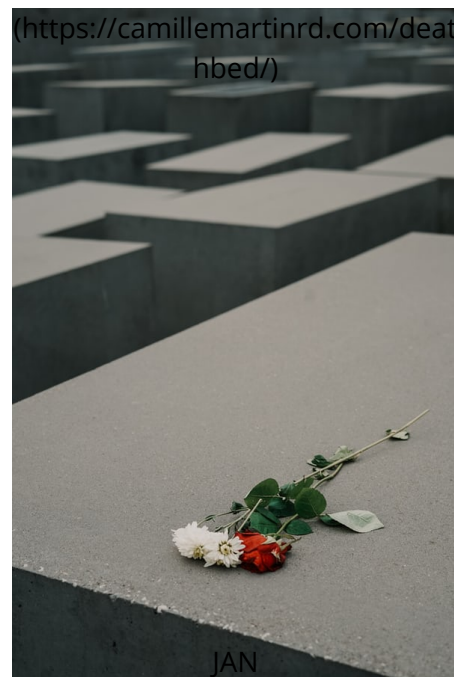
Piano Tuning

We women are so hard on ourselves. We lose our patience with our kids and call ourselves bad moms, we...



Sleeping Beauty

Hi there! I'm so happy to see you well-rested, totally refreshed, and ready to take on the day! Ok, maybe...

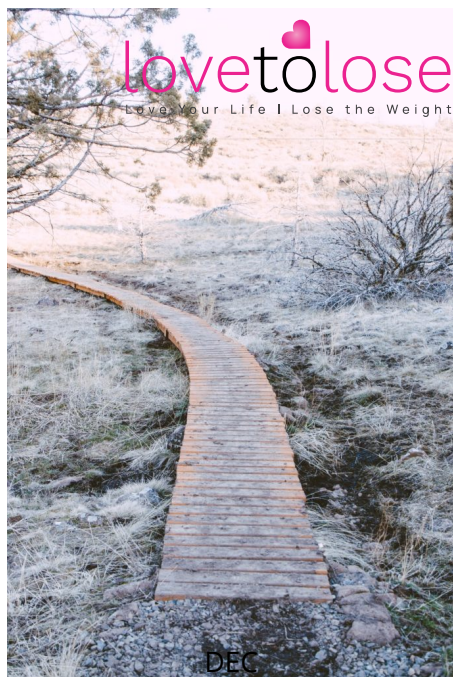


Deathbed

Happy New Year! Ok, there's no way I'm going to start off a brand new decade with a post about...

(<https://camillemartinrd.com/nomans-land/>)

(<https://camillemartinrd.com/one-month/>)



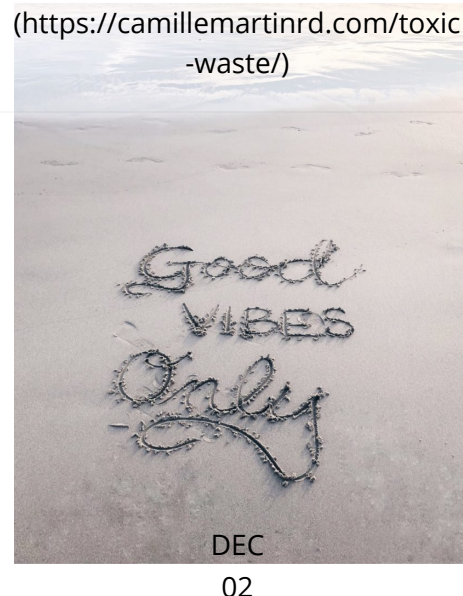
No Man's Land

If I asked you what you would wish for if you could have anything, I'll bet you'd say to be...



One Month

It's about to be not just a brand new year . . . but a whole new decade! 2020 is...



Toxic Waste

The quality of your life is determined by the quality of your relationships. Have you ever heard that quote? I...



Coach Yourself

Every morning, my personal assistant drags me out of bed, pours me a cup of hot coffee, and leads me...



It's All Good

This summer I moved into a new townhouse with my two girls, and I have the cutest new neighbor. We'd...



It's So Easy

I'm an extreme morning person. It's no effort whatsoever for me to get

up early. I don't have to
shake...



Are We There Yet?

I vividly remember riding in the car with my parents on the way to the beach. My brother and I...

(<https://camillemartinrd.com/50-2/>)



OCT
14

50

I turned 50 yesterday. When people talk about a milestone birthday like this, they usually say one of two things:...



SEP
23

You're Not Wrong — But It's Not Right

I was once in a relationship where communication was a huge issue. One of my biggest frustrations was that I...



SEP
09

Winning

I see it all the time — with my clients, my girlfriends,



SEP
16

(<https://camillemartinrd.com/give-yourself-an-out/>)



Misery Loves Company

You know that negative friend who calls you to complain about how bad her life sucks? The one who can't...



19

Give Yourself an Out

In your quest to lose weight, how many times have you thought, "I'm not going to . . ."? I'm...

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