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There are specific instructions you can follow, with advice about applying them to your own situation. Beyond Metabolism includes:

- A special questionnaire to address the specifics of your food, dieting, or eating issues
- The real biology of weight control and metabolism
- The emotion of food, and the cognitive associations your brain creates

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— Scott Abel, Beyond Metabolism: How Your Brain, Biology, and the Environment Create and Perpetuate Weight Issues ...and What You Can Do About It

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Part Two is about becoming more aware, and learning to listen to your own body, your brain, and your thoughts, to achieve a higher level of food awareness. There are specific instructions you can follow, with advice about applying them to your own situation. Beyond Metabolism includes:

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