Author's response to reviews

**Title:** Previous experiences and emotional baggage as influences on lifestyle change - a qualitative study of Norwegian Healthy Life Centre participants

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**Author's response to reviews:** see over
Dear Executive Editor

Please find the revised manuscript “Previous experiences and emotional baggage as influences on lifestyle change - a qualitative study of Norwegian Healthy Life Centre participants” which we hope you will consider for publication in the BioMed Central Public Health.

We are grateful for the opportunity to make the changes we needed to our manuscript and we have attempted to do this as promptly as possible. We have tried our best to revised the manuscript after the numbered description we got from the Editorial Office with the changes we needed to revise. A list of abbreviations is not provided, as there are not any abbreviations used in the manuscript.

Please find the uploaded version of the manuscript containing the new changes. A point-by-point description of the changes we made follows here:

- Line numbers are added to the manuscript
- The heading Introduction is changed to Background
- A section with Authors’ Contributions is written at the end of the manuscript (after conflict of interests) with the format suggested from the email we received from the Editorial Office.

Thank you for the opportunity to revise the manuscript.

Best regards,

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