

## Chapter 1 : How to Think Yourself Thin: 10 Thoughts to Help You Lose Weight | COACH CALORIE

*7 Ways to Think Yourself Thin When the Japanese say "I know," they point to their belly. The mind and the gut are intrinsically linked, and today's scientists understand the brain to be the command center from which your entire being receives its marching orders.*

Hamilton PhD When I was compiling stories on visualization a few years ago, a woman sent in her use of visualization for losing weight. She first started imagining pac man type beings eating all the fat cells from the bits she wanted to lose weight from. She was doing it five times a day. She began to lose weight but then was faced with a dilemma. So she adapted her visualization so that when the pac men were full, instead of just exploding they travelled up the way and deposited the fat onto her breasts. It seemed to work magic. After 5 months she dropped 21 pounds in weight and gained half a cup size. In a seminar in Sweden that I taught, some of the ladies were laughing heartily through the breakout session. During group feedback on their visualizations, I asked what had been so funny. Now I was intrigued, as was the rest of the group. They shared that they imagined themselves as lollypops and Brad Pitt was licking them. And as he did, they got smaller and smaller. If we visualize something happening then the brain can process it in some of the same ways as if it was actually happening. I have come across many people who have used visualization as part of their weight loss strategy. Part of the reason it works, I believe, is that the brain is tricked into thinking that the fat is reducing and so it subtly alters our behavior, cravings, motivation, as well as, perhaps, even how the body stores fat and where it is stored. Researchers at Carnegie Mellon University might be onto another novel way of using visualization to control weight. They asked volunteers to imagine eating before they actually ate. The study involved 51 people who were asked to imagine eating either 3 or 30 units of a particular food. Another set of volunteers had to do it the other way around. A third set of volunteers just imagined placing 33 coins into the machine. The reason for the coins in a machine was because the muscles used are similar to lifting food into your mouth and it was important that the volunteers all imagined the same number of hand movements. It kind of makes sense. This is known as habituation. So if a person actually imagines the full process of eating i. To the brain, the difference between real and imaginary is a thin line. If in doubt, show her or him this article. But it certainly does show us another powerful use of the mind.

**Chapter 2 : Think Yourself Thin Hypnosis \$ for a Weight loss Mental Attitude**

*Weight loss is as much of, if not more of a mental challenge than a physical one. While you might not be able to think yourself thin in the literal sense, your thoughts do have a strong influence on your success.*

Imagine how much better you would do, how much more you could achieve if you thought like a natural thinner person? Ever noticed how some people just behave in a way that keeps them thin? What if you took the stairs and walked more without thinking? Would you like to have the thoughts to think yourself thin? You can work out and exercise, you can diet and you will lose weight. But what happens when you stop? By changing your attitude you change your behavior making it a life time change towards weight. How would it be if you never felt like dieting was an effort? Weight Loss Attitude Hypnotherapy Overview Once you have started to lose weight it is important to develop the attitude beliefs and behaviors of a thinner and healthier you. Now you can with this weight loss attitude session to create for you automatic behaviors of a thin you. Your daily behavior that sets your weight is all in your attitude and beliefs. This weight loss attitude session will reinforce the attitude which generates behavior so that your life becomes filled with thoughts feelings and attitudes that naturally create actions for you that will help lose weight. The same types of thoughts that a naturally thin person tells themselves. Designed to especially support long-term results being maintained of your idea weight by creating in your mind a lifestyle change that aids weight loss and then keeps the weight off long-term by adjusting you to a lifestyle you decide You can have the natural thought processes of someone who maintains their weight with little trouble. Make it so you naturally just takes the stairs, or walk a little further to your car. This can be the way you think, think like a thin person with the amazing Think Yourself Thin Hypnosis MP3 Download to get a Attitude of a naturally thin person. Thing yourself Thin Hypnosis: Get a Weight Loss Attitude This session uses the Influence of the hypnotic state to reprogram your normal attitude to reflect that of a naturally thin person. These hypnosis sessions contains Binaural Beats. The beats produce a wavy effect in the background track. Hypnotherapy to have the thoughts and actions of a slim person, available as an instant download MP3 file you can use to make your own Hypnosis tape or CD. Powerful Guided Imagery combining complimentary and clinical treatment therapy for a skinny attitudinal change. Listen to the therapy on an MP3 Player, iPod, or your computer and allow your unconscious mind to create change for you easily and naturally. Gain control of your attitudes, beliefs and behaviors and mimic the types of thoughts which then become normal behaviors of a thin person using the most powerful way to communicate to the part of you that controls them your sub conscious mind. This Think Yourself Thin Hypnosis MP3 Download by for Weight loss attitude allows for you to play an active part in changing your attitudes to reflect a thinner person. Or if you wish use the subliminal message audio for a more passive approach. Buy both Hypnosis and Subliminal Message sessions for maximum results and receive a discount! Please not that if you are using a mobile device, you have a MP3 download app that by passes the devices security features preventing downloading an MP3 from online, or download to a computer and sync the file.

### Chapter 3 : Think Yourself Thin, Original, Still the Best

*Debbie Johnson, Best Selling Disney Author (Hyperion Books) This revolutionary book, Think Yourself Thin was originally introduced to the public in This may have you thinking the information contained in book is old news.*

Buy from another retailer: You may have been successful dropping a few pounds but probably gained them back and then some. At times, it feels like no matter what you eat, your body bloats and gains fat even if you just look at food. You know that there has to be an easier way to lose weight, especially given your determination and willingness to follow numerous diets and weight-loss plans. The vast majority of dieters who lose weight will gain it all back within three to five years. As a result, they become frustrated and never achieve their desired weight-loss goal. The purpose of this book is to equip dieters with the most overlooked factors in dieting: As a weight-loss expert who has written three bestselling books and developed a weight-loss system known as DHEMM, I have helped dieters lose over two million pounds in two years. In so doing, I have realized that the most important, yet most overlooked, factor for permanent weight loss is mental mastery. Dieters need the mental fortitude to stay the course and finish strong. However, given the rising obesity rate, there is no evidence suggesting that dieting makes people healthier or thinner. In fact, statistics show that 90 percent of people who lose weight on a diet gain it back within three to five years. This is particularly detrimental because repeated dieting causes a cascade of negative psychological consequences as well. Few books reveal the most important factor for permanent weight loss: Being overweight is not a crime. However, weight can affect your health and overall quality of your life. It can affect almost every area of your life, including your career and personal relationships. It can affect your ability to enjoy activities with your kids. It can affect the opportunities you get on the job. It can affect the quality of mate you are able to attract and date. If you have found the quality of your life negatively impacted by your weight, make the decision to get to a healthy weight and do it. When you say you want to lose weight, you are saying you want to look in the mirror and love what you see and be proud of your body. When you say you want to lose weight, you are saying you want to live life to the fullest. There are numerous diets on the market that yield different results for different people. Advocates of the green smoothie cleanse, which I developed and which focuses on fast, healthy weight loss, have lost over two million pounds. Other plans focus on less carbs, more protein, but you have to be careful with the weight-loss plan you choose as some will help you not only to lose fat, but muscle as well. However, you want to maintain muscle mass as it will increase your strength and cause you to burn more fat, even while your body is at rest. So the first thing to do is to choose the most effective weight-loss program for you, while also focusing on the mental and behavioral changes required for long-term success. The goal for permanent success is to aim for lasting change and a healthy lifestyle. Too many people think of weight loss as being about whether to try this fad diet or that fad diet, whether to count calories, eat low to no carbs, or load on the protein. The goal in these instances is to lose weight fast. But the most important thing for permanent weight loss is sustaining a healthy lifestyle for life. To be successful, you have to focus on the mental strategies to achieve weight-loss success. There is nothing wrong with learning about the foods we eat and the impact they have on our health and weight. However, that should not be the only focal point for those looking for long-term success. The real solution is mental mastery. Consistency becomes the evidence of true behavioral change. It is an approach focused not on what to eat or how much exercise to get but rather on changing daily habits that will improve both mind and body. This is a timeless solution that will help you achieve your weight-loss goals for a lifetime. Your weight is a result of current and past habits. So, logically, a different set of habits and behaviors will create a different result. You can learn a new set of habits, which will serve as the foundation for healthy livingâ€”not to stick to a diet but to live a healthy lifestyle for a lifetime. This is not to say that you will never regain some weightâ€”there are many lifestyle factors like having a baby, hormonal imbalances, stress that cause weight gain. However, you will have the foundation for modifying and creating new habits to ensure you maintain a healthy body weight. Establishing new habits will ensure consistent action over time. Most of the diet and nutrition books on the market only focus on what to eat and what not to eat. Few books focus on why we struggle with our weight and eating habits. Most people have

enough understanding of what to eat, so this book is intended to serve as the complementary piece to your diet to ensure that you can create lasting change and get to your goal weight. This book will help you transform not only your body but your mind as well. You will have an improved relationship with food. You will learn how to maintain a healthy body and have great energy through positive daily habits. Not only good nutrition but also a transformed mind will keep the body healthy and attractive. The great news about this book is that it is compatible with all diet plans. This book is filled with simple strategies for achieving the success you desire and for addressing every challenge you have had with your weight in the past. I will take you through the five stages, from being fed up with your current weight to finally getting to your ideal weight. I will help you understand the psychological process that will help you address your eating habits, food addictions, and overall health and weight issues. These are the five stages that you should expect to go through to lose weight and keep it off once and for all. Stop Procrastination Once and For All. Learn how to slay resistance, the most toxic force in the world. Resistance is that lethargic or apathetic feeling of not wanting to do something you know is good for you. Resistance causes us to procrastinate or delay starting something that is good for us. You must slay resistance in order to achieve the success you desire. Use Visualization Techniques for Weight Loss. An effective approach to losing weight permanently is to use visualization to get your mind and body to work together to get slim. Folks have had amazing results with visualization without having to starve themselves or deprive the body in any way. Visualization is a mind-body approach that makes permanent weight loss easy and sustainable. I will teach you how to allow your mind to work with your body to transform yourself from the inside out. Learn How to Commit to Losing Weight. Are you merely interested in losing weight or are you committed to losing weight? People fail not because of lack of interest or desire but because of lack of commitment. Learn the different types of motivation and how to apply them to your journey. Learn the signals such as boredom, depression, loneliness, frustration, anger that trigger emotional eating. Your ability to maintain self-control will depend on your environment. All of these circumstances can happen each and every day, so in order to have more self-control, you will have to change your environment by establishing success habits. Have a Support System in Place. Studies show that those who have a support community have more long-term success with weight loss. Learn how to create support systems and accountability partners. Until your mind and spirit are engaged in your weight-loss efforts, excess weight will continue to be a problem for you. The ultimate problem is not your physical weight but what is happening in your mind and spirit causing you to gain weight. If they did it, you can too! These guiding principles allow you to maximize your weight loss while following the strategies taught in this book. I will be totally transparent with you. You will need to be honest with yourself. In order to create change in your life, you have to admit to the mistakes and decisions that have caused you to struggle for so long. If you are really ready for a new body and a new life, then keep reading. I want to congratulate you for having the courage to take back control of your weight and your health. I know how much courage it takes to begin a new life and a new relationship with food. I support you and encourage you in your efforts. I have had frustrations with unexplained weight gain. I have worked hard to lose weight only to find that each week the pounds continued to pile on. But know that everything we need to turn our dreams into a reality is within us. We are fully equipped to achieve our weight-loss goals. I hope this book will challenge you to use the God-given power within you to transform your mind, body, and spirit. There are tips and strategies that will allow you to produce measurable, long-lasting changes to achieve your health and weight-loss goals. More important, you will adopt a whole new perspective on weight loss. This journey will challenge you, but the pursuit of greatness and happiness rarely comes without effort. Trust that your body will reward you for your efforts, if you just stay consistent throughout this journey. I suggest you read this book one time through for understanding, then reread it to begin your journey by applying the strategies. I provide healthy weight-loss plans that will yield results, and this book complements my weight-loss plan or any diet on the market.

**Chapter 4 : How to Think Yourself SLIM | David R Hamilton PhD**

*So if we think we are overweight couch potatoes, we are more likely eat unhealthily and generally act like said couch potatoes. Ready to think yourself thin? Here are five mental tricks for a.*

How to Think Yourself Thin: While you might not be able to think yourself thin in the literal sense, your thoughts do have a strong influence on your success. Here are 10 thoughts to keep your mind right and help you lose weight. Tomorrow and Monday are popular days to start diets, but today is just as good as any other. Why not start now? One of the toughest aspects of a fitness program is simply starting one. Everyone wants to, but not everyone does. Stop thinking about starting one and actually start one. Flip the switch and make your next meal a healthy one. You can do it. My Friends Will Be a Positive Influence Surround yourself with people who will pick you up instead of put you down for your lifestyle choices. We are strongly influenced by the people closest to us. Be your own person. You have to live with the consequences of your lifestyle choices. Do what makes you happy. You can still eat all the things you love as part of your healthy lifestyle. Get the ratios right, and you can enjoy just about anything within your caloric limits. It does not go from point A to B in a straight line. Successful weight loss is one gigantic zig-zag. This is mostly due to body function variations, one-off lifestyle events, and water weight fluctuations. Try focusing more on fat loss and body composition. Measuring your progress this way will keep you motivated instead of getting you discouraged over a meaningless number on a scale. My Health is the Priority I want to look great, but I understand the ultimate goal is to be healthy. With good health comes a better body. You might have started your weight loss journey for any number of reasons. Maybe it was to have a certain body. Maybe it was to fit into particular clothes. These goals are fine to have, but eventually you come to realize that you just want to be healthy. With that mindset, you will achieve all the secondary satisfactions and benefits of a healthy lifestyle. I Need to Have Some Patience It took a while to put the weight on, it will take a while to take it off. Have a little patience. Your current physique is the culmination of years of lifestyle choices. The good news is that lifestyle choices got you to where you are, and lifestyle choices will get you to where you want to go. People lose weight every day. The hardest part of starting a fitness program is getting a new lifestyle routine established as part of your day to day life. I Control My Body. Point being, successful weight loss comes from being in control of your body. During your journey, your body is going to throw everything it has at you in an effort to maintain the status quo. Physical and mental challenges are going to be forthcoming. The key to remember is that you own your thoughts. You are what you think. Practice self-control and success will follow. Be proud of yourself, and keep that positivity moving forward.

**Chapter 5 : How to Think Yourself Thin**

*How to think yourself thin Carol Yepes/Getty Images. When the clock strikes 3 p.m. and a salty-sweet craving hits hard, don't blame your stomach. The urge to splurge is coming from a different.*

Debbie has been interviewed and the book featured on: Cosmopolitan - Magazine Book review. Your Health - Magazine article on book. Victoria Jones Show - National Radio interview. Redbook Magazine - Interviewed for part of article on dieting after holidays. Laura Lee Show - National Radio interview. Bottom Line Personal - Article from interview. First for Women Magazine - Interview with author. David Essel Alive - National Radio interview. This may have you thinking the information contained in book is old news. That it is some kind of rehash not worthy of your time. You see, the concepts explained in this book were way ahead of their time. Even so, at least , people have read and enjoyed the benefits of these wise and powerful principals. The concepts and principals discussed in the book are just now being understood by the general public. Only now, because of "the Secret", is the public consciousness ready for the self-enabling power this book brings forth. That is why we are releasing this revised version of Think Yourself Thin, at this time. As good as the original was, this book puts it all together like no other. Just the quickest easiest route to a thinner you. This is a powerful, life-changing document! Whoever reads this book will finally have control over their weight, forever. This is not a diet! Ever notice the word diet comes from the root die? Think about it, diets are not good for you. On a diet, most people just regain their weight loss and then add a couple more pounds on top of it. They yo-yo up and down over the years adding a little more each time. Years latter, they are heavier than when they originally started. It really does work! I was simply amazed at the results I got right away! It works for anything you want to accomplish in life. Notice how no one can come to agreement on what should be cut out? Could it be because none of them actually work long term? Those few that do succeed are constantly being tested by those yummy foods they know will add on pounds. Is that how you want to go through life? Setting aside the emotional costs. There are special diet foods of every description, diet patches, diet drinks, diet programs that run the gamut and MLM programs built just for the diet industry. You may think all of this is for your benefit. That they care about you and are working very hard to help you. We are talking about a 58 billion-dollar market that no one, in the industry, wants to go away. They will tell you just about anything to have you running from program to program. Most people try a diet product for about 4 months, then move on to another. This means big bucks for the diet industry. With the re-release of this revolutionary book and the now ready consciousness of the people, the diet industry is going to have to find something else to sell. You will understand that the author Debbie Johnson, knew "the Secret" in ! She has been successfully teaching it through private coaching and workshops for years. Debbie received a phone call one day from someone that has "the Secret" movie. Unfortunately Most People Program the Subconscious for Failure By properly programming your mind, your mind will override and overcome wrongful eating habits. This will not result in a mental battle of the will, but a gentle reprogramming of the minds mental habits. This is about tapping into the power of Soul, this is the "Law of Creativity. Do you see how powerful this is? You will need to be very careful with this. When Debbie initially made this discovery she lost too much weight! She had to do a reversal to stop the weight loss! That was 25 years ago and Debbie has kept her ideal weight ever since. She loves to ballroom dance wearing a sexy top and skirt with a bare midriff! By the way Debbie is 55 but looks In the book you will read how Debbie thought her stomach flat so that you can do the same. I love butter, I ate lots of avocado, and other high fat foods! I was tuning in and found out from a doctor latter that I was doing what was right for me. But, some amazing things have happened to me in the past two weeks. I resisted being active due to fatigue and being overweight. The love and compassion you have for your fellow woman comes comfortingly across in your book. I am a strong case example her emphasis that you grow into your self-image. I am so excited that I have a body that I finally appreciate. I have lost 15 pounds already, my body is shrinking and I feel so good!!! My tummy is flatter. Food actually tastes better, and I need less. You have something there! I am on pg. And loving myself more! Medically, the information is accurate. I see this every day. With so many years of experience, plus the success stories from her readers, Debbie has this down to a

science. That same guarantee is now being offered to you. After your purchase, click the button on the Thank you for your Payment - PayPal page to redirect you to the download page.

### Chapter 6 : How to think yourself thin | Express Yourself | Comment | [www.nxgvision.com](http://www.nxgvision.com)

*Continued 1. Picture Yourself Thin. If you want to be thin, picture yourself thin. Visualize your future self, six months to a year down the road, and think of how good you'll look and feel.*

### Chapter 7 : Think Yourself Thin (Audiobook) by JJ Smith | [www.nxgvision.com](http://www.nxgvision.com)

*Say to yourself (out loud, if you are alone), and think to yourself at the same time, "Someone is pouring a bucket of ice water on top of my head. It is freezing cold.*

### Chapter 8 : Think Yourself Thin Positive Affirmations – Free Affirmations – Free Positive Affirmations

*Can you think yourself thin? More and more studies – and people who have done it – say it's possible. There are a variety of visualization strategies that you can use.*

### Chapter 9 : Think Yourself Thin | Book by JJ Smith | Official Publisher Page | Simon & Schuster

*Allow yourself the occasional treat, as long as it's accompanied by smarter food choices like fresh fruit and vegetables. At roughly calories, one melted cheddar on rye a week should hardly make you fat.*