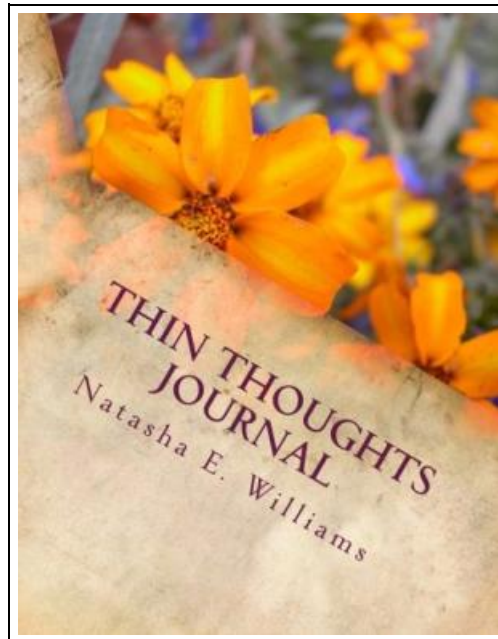


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Reviews

Extensive manual! Its this type of great read through. This can be for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Dr. Furman Becker V)

THIN THOUGHTS JOURNAL: 30 DAYS TO THINK YOURSELF THIN (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Think Yourself Thin in 30 days with the Thin Thoughts Journal. The key to successful weight loss is not only a lifestyle change but a mind-set change as well. This is where this workbook comes in handy. The Law of Attraction is activated by your dominant thoughts and beliefs - whatever you focus on the most is what you will draw into your life. The problem is that most of us tend to focus on the very things we DON T want, like feeling fat, unattractive, imperfect, broke, frustrated, and more. Do you find yourself consistently focusing on fat thoughts ? Like how uncomfortable you are in your clothes? Or how people must be making fun of you behind your back? Or how you can t stand carrying these excess pounds for one second longer? Thin Thoughts also known as power affirmations are NOT descriptions of your current situation; rather, they are your goals stated as if they have already been achieved. They describe what you WANT rather than what you already have; goals you intend to make come true for you. Remember, these are designed to shift reality from how it currently IS, to how you WANT it to be. This is NOT a diet book but an inspirational collection of 30 daily affirmations which I refer to as Thin Thoughts that are intended to be used as a tool to foster self-acceptance and awareness as well as a more positive approach to weight management including coping with emotional hunger, guilt, perfectionism, poor self-esteem, negative body image, as well as giving you the opportunity to be present in what is going on around you and in your life. The daily Thin...



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