

Think Yourself Thin

HOW TO USE THE POWER
OF YOUR MIND TO CREATE
YOUR DREAM BODY



Kylie Daniel

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About Kylie Daniel



As a Naturopath, Professional Counsellor, Hypnotherapist and Weight Loss Expert with over 20 years' experience I have seen many people fail time and time again in their weight loss efforts.

We live in a world where food is never scarce but is often the enemy. From a young age we are barraged by the message that 'thin is in' and that the only way to be thin is to eat less, or to eat this, or to take that. Maybe you watched your mother struggle with her weight, or have had at least one brush with fad dieting and feel that no matter what you do or how much you lose, the weight never stays off. Perhaps you have come to the point where you feel doomed to an ever increasing waistline. Sound familiar?

Clients come to me having tried just about every fad diet, diet pill, and cleanse under the sun. For many years working as a Naturopath I was a part of the problem. I would give them another diet to follow, shakes to drink and supplements to swallow. Some would lose a little weight, others lost a lot, but without fail that weight always came back.

Each time I watched their self-esteem drop as they blamed themselves for failing or just giving up. In fact, many people came to a point where they simply resigned themselves to being overweight, convinced that there was nothing else on the cards.

The reason that none of those “diets” worked wasn’t because they were a failure, it was because dieting is doomed to fail.

I knew there had to be an easier way to help these people achieve lasting weight loss results. That's when something amazing happened. I discovered that through the power of hypnotherapy I was able to help people make deep and lasting changes to the way they eat, think and feel. Not only were my clients more easily losing weight, they were keeping it off!

I have packed 20 years of knowledge and experience into putting together The Ultimate HypnoSlim Program. This is not another fad diet or exercise program, this is a life altering experience that will change your mind to change your body.

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Chapter 1: Is your Subconscious Mind Keeping you Fat?



From the moment you were born your subconscious mind began gathering and storing information that has created your thoughts, habits and beliefs. These deep subconscious programs are constantly running in the background of your mind and will influence the way you act, the way you think and the choices you make.

Sometimes your subconscious programs become so old and outdated that they no longer align with our conscious desires. After all, many of these programs were formed when you were just a child and your needs have changed as you have grown.

Unfortunately your subconscious thoughts can also sabotage your weight loss goals. It may be your conscious choice to eat healthier food and exercise more, but your subconscious mind may be saying “But I like chocolate, chocolate makes me feel soooooo good!” Your subconscious mind drives every choice you make, whether you like it or not.

In fact, our subconscious programs are so powerful that I once saw it take a man’s leg. While working with a diabetic nutrition program, I met a man who was told time and time again that if he didn’t start eating a healthier diet he would lose his leg. Despite knowing he had to change the way he ate OR lose his leg—the man wound up losing his leg. Now, do you think he really chose to lose his leg? No! Who in their right mind would? The point here being that despite his conscious desire to keep his leg, his subconscious programs were so powerful that he lost his leg anyway. There was nothing he could do about it—or was there?

So how are these self-sabotaging beliefs created?

1. **Family and Childhood.**

As children, we are taught to follow exactly what our parents do or say. Perhaps as a child you were told to always finish everything on your plate. Or maybe by example your mother taught you that constant dieting is normal and that food is scarce. Oh and don't forget about the starving children in Africa.

Perhaps you knew that tonight's dinner might not be as well-proportioned as tomorrow's and you learnt to eat while the eating's good. Maybe you came from a big family where you had to always "fight" for more food.

Did your family make unhealthy food choices that subconsciously carried over into your own eating habits. Or relatives and siblings may have mocked you for being too fat or too skinny and even in jest these things scar your formative self-image, leaving behind subconscious programming that will torment you for the rest of your life.

2. **Peers.**

On the same token, our friends, schoolmates and peers will all influence our subconscious beliefs. What they think of our body and our weight can seriously impact the way we think, act, feel and eat. Whether we like it or not, we are a product of our environment.

3. **Stress, Trauma and Grief.**

When we experience physical, mental or emotional stress our subconscious survival instincts kick in. This is called our fight or flight response and enables us to confront danger or escape it.

Evolution has designed our bodies for fight or flight. In primal times when food was scarce these instincts helped us survive.

In fact the main concerns for survival in primitive times were 'are we warm enough and do we need food?' When faced with a famine our bodies would naturally go into fight or flight mode. This would trigger the release of cortisol into our blood, which tells our body to store fat to help us survive this period of starvation.

In the modern times this mechanism can do more harm than good, especially where our weight is concerned. Our bodies simply cannot differentiate between modern day stress and primitive stress. So when your boss is yelling at you, your body responds by telling you to eat up and store fat for the upcoming bad times.

Acute or chronic stress can activate your subconscious survival programs making your body more prone to storing fat. This is why many people gain weight when they experience loss, trauma or a major life change.

4. **Bad Habits.**

Habits are created when we do something over and over again. Having the occasional treat or missing your morning walk every once in a while is perfectly normal. The problem comes from constantly repeating a poor choice until it becomes a habit.

For example, an occasional meal in front of the television is perfectly fine. However when you start eating in front of the television night after night it will quickly become a habit. Your subconscious mind will believe this is your new program and the next time you plonk yourself in front of the tv it will say “:Ok so where’s the food?” Pretty soon you won’t be able to even watch tv without thinking of food.

5. **Advertising.**

From soft drinks to clothing styles – we’re practically marinated in advertising from the moment we wake up, until the moment we go to sleep. Billboards, texts, radio, television and the internet implore us to buy, switch and bundle, all while promising convenience, beauty and envy from those around us.

Advertisers know how to latch onto these “brain pleasure signals” – they even go so far as to flood their food and drink with artificial flavours, sugars, fats and junk carbs to overload our brain’s pleasure centre so that we eat when we’re bored, eat when we’re sad, eat when we’re stressed, and so on...

You never heard of “emotional eating” until commercials and advertising started soaking into our daily lives. Yes advertising plays a major part in forming our subconscious beliefs about food.

Chapter 2: Can You Think Yourself Thin?

Absolutely yes you can!

Have you ever wondered why some people can eat what they like, when they like and as much as they like and still remain thin? While others only need to glance sideways at a piece of chocolate and the kilos pile on? Perhaps it comes down to pure genetic luck of the draw, after all we are stuck with the bodies we are born with—right? Think again!

A new study of science call epigenetics has shown us that our genes are in fact controlled and manipulated by how our minds perceive and interpret our environment.

These new findings mean that we can change our physical health by changing how we think. When we change our thoughts in a positive way, we start living healthier and better quality lives. A new positive attitude sends messages of health and happiness into every single cell within our body. Our positive thoughts can even change cellular structure, turning diseased cells into healthy cells.



How does this work?

This is not as simple as it sounds. Dr Bruce Lipton, former professor of medicine at Stanford University explains that there are two separate minds that create what he calls the body's controlling voice. There is a conscious mind that can think freely and create new ideas 'out of the box'. Then there is the subconscious mind, which is basically a super computer loaded with a database of programmed behaviours, most of which we acquired before we reached the age of six.

Your subconscious mind has control over your physical body. It keeps your heart beating and keeps you breathing without any conscious effort on your part, blinks your eyes, controls your bodily functions, signals hormones to release and helps to regulate your body temperature, your appetite and your metabolism. Just in case you missed that very important point, I'll repeat it again *your subconscious mind controls your hormones, appetite and metabolic rate*. It also knows how to heal and balance your body to maintain perfect health.

That is fantastic news for those of us who thought we were stuck with our sluggish metabolism and fat genes! You can create your perfect ideal body, and all with the power of your mind.

As you forget to be conscious, your subconscious mind takes charge. So... how on earth do we break free from this endless cycle of old programs and beliefs to help us create a positive relationship with food and with our body? Because our subconscious mind is one million times more powerful than the conscious mind it takes a lot more than just positive thinking and willpower. True change must come from our subconscious mind.

Dr Lipton explains that the subconscious mind operates at 40 million bits of data per second, whereas the conscious mind processes only 40 bits per second. So the unconscious mind is MUCH more powerful than the conscious mind, and it is the unconscious mind which shapes how we live our life.

Most of our decisions, actions, emotions and behaviour depend on the 95% of brain activity that is beyond our conscious awareness, which means that 95 of the choices we make comes from our subconscious mind.

You know the story: you make a plan, choose a diet, begin to exercise, everything goes well for a while - but somehow it is impossible to stick to it. Even if you are successful in losing the weight, eventually you go back to your old eating habits..... putting all the weight back on, and often even more. Unless you change the way you think at a deep subconscious level you will always revert back to your old behaviours and eating habits.

Reprogram Your Mind With Hypnosis and Lose That Weight!

Normally the subconscious mind is resistant to change and likes familiarity. It automatically reacts to situations in life with its previously stored behaviour responses and it works without the knowledge or control of the conscious mind. Diets, diet pills, surgery and so many other options have arisen to help people lose weight. In all of this array of products the most important key to successful weight loss is overlooked - mindset.

When you are deeply relaxed your mind shifts effortlessly into a hypnotic state. In this state your subconscious mind --that deep part of your mind --becomes more accessible to make positive, dramatic and lasting changes to your thoughts and your life.

Hypnotherapy is one of the most effective ways to reprogram your subconscious mind and shed that unwanted and excess weight for the rest of our life. Hypnotherapy for weight loss is based on the power of your subconscious mind to influence and control the internal working of your body, including appetite, metabolism, and desires.

It's not magic...but it certainly feels like it!

Chapter 3 – The Ultimate HypnoSlim Program

The Ultimate HypnoSlim Program is a comprehensive weight loss hypnotherapy program that will help you reprogram your subconscious mind to create a slim, fit and healthy body.

I have packed over 20 years of experience into putting together The Ultimate HypnoSlim Program.

The Ultimate HypnoSlim Program gives you real, practical solutions and advice to help you lose weight and keep it off – for life! There are six hypnosis recordings that deal with everything from appetite control and healthy eating to exercise motivation and food cravings. Plus there is practical advice on how to stop dieting and start eating to energize your body.



This amazingly effective hypnosis program will tap into the power of your subconscious mind to heal all pictures, images and deep cellular memories relating to your weight.

We will replace them with new healthy eating patterns that will last a lifetime.

I have use advanced hypnotic techniques such as Binaural beats, NLP and subliminal suggestions such as “I will easily and effortlessly let go of all my excess and unwanted weight” in every single session. This helps you to more easily and quickly create the body you have always dreamed of having.

Subliminal Messages

Decades ago, the CIA discovered that the subconscious mind was very suggestible to subliminal messaging.

Each HypnoSlim session contains powerful and positive subliminal messages such as 'I will quickly, easily and effortlessly release all my excess weight' to help you create your ideal perfect body. Subliminal slimming messages are virtually inaudible, so you won't even be aware they are working. But your powerful subconscious mind takes them all in to help you create the beautiful body you've always wanted.

Binaural Beats

Binaural beats are created by the brain when two slightly different tones are played into each ear through headphones. They help you deepen your hypnotic state to make even more positive changes. This is great for people who struggle to get into a trance, but it is also useful for those people that want to get into a trance more quickly and easily.

Future Image Rehearsal

In my HypnoSlim recordings I have used a powerful technique called Future Image Rehearsal. During this process you imagine yourself at your ideal weight and then you step inside that image and become that future trim, fit and healthy vision of yourself. The more you accept this vision as your true self, the more quickly it will become your reality! Since practice makes perfect, nearly all of your HypnoSlim sessions will include at least one process called future image rehearsal and sometimes this is repeated twice for maximum effect.

Creating Your Light Body

In each of the HypnoSlim sessions I also use a powerful hypnotic process that I have personally developed and called Creating Your Light Body. This process encourages you to let go of all your unwanted thoughts, pictures, images and deep cellular memories relating to your weight and relating to food. In healing these images I use the metaphor of light to help you create a new light body; a body that functions in perfect harmony, so that your metabolism and every single cell within your body works in perfect health.

Most of your HypnoSlim sessions will include at least one process called Creating Your Light Body and where relevant this process is also repeated twice for maximum effect.

Chapter 4 – The HypnoSlim Recordings

The Ultimate HypnoSlim Program includes eight Hypnosis recordings, plus subconscious warm up exercises.

1. *Subconscious Warm up Exercises*

These exercises are designed to warm up your subconscious mind before you begin listening to your HypnoSlim session.

Your subconscious mind is that powerful part of your mind that we will be accessing during your hypnotherapy sessions; this is the part of your mind that imagines, that dreams and that allows you to make powerful, positive and permanent changes to the way you think, feel and act. Changes that will help you to more easily and more effortlessly create your ideal perfect body.

2. *Pure Motivation*

The biggest part of any successful, lasting change is motivation. When we hear “change”, our brain naturally resists – it’s a part of our body chemistry and not something we can easily warm up to. That being said, this hypnotherapy session will rewire your body’s instinctive reaction to change and finally cement all the necessary steps to make you wake up and say “this is the day I take my first step toward reaching my weight loss goals!”

3. *Emotional Eating*

For many of us dealing with weight issues, false hunger is a huge problem. Of course, it’s easy for skinny people to say “just don’t eat!” but when your



body's getting all these signals about how refreshed and satisfied it's going to feel after drinking that sugar-laden, caffeinated fizzy drink, or by eating that blissfully indulgent chocolate bar - it's really hard NOT to let emotions get in the way!

This session will concentrate on eliminating those false hunger pangs and instructing your body on how to eat the way you were born to - eating when you're hungry, and eating for nourishment. After all, how much better do you feel when you've finished that chocolate bar or bag of chips?

Now is the time you will release all the old emotional baggage that has been causing you to hold onto your excess weight. Time and time again I have seen powerful and positive changes happen because of this session. I would have to say this is one of the most powerful sessions of the entire program.

4. *Gastric Band*

This session offers a revolutionary new idea in the clinical hypnosis field. Just as a gastric band surgery helps to eliminate excess weight through bodily modification - gastric band hypnotherapy works at the subconscious level to help you slim down gradually, except without the expense, recovery and side effects.

Gastric band hypnosis has been proven to produce the same and sometimes better results than gastric band surgery - without the surgery.

It might seem impossible to believe but this shows just how powerful hypnosis can be when it comes to modifying behavior and losing weight. In this type of hypnosis, I use specific techniques to retrain your brain in ways that leave it convinced you have undergone real surgery and that you have an actual gastric band in place. The result of this hypnotherapy approach mimics the result of the surgery. You feel full more quickly, which helps you avoid overeating.

5. *Adjusting the Band*

As with its surgically implanted counterpart, a hypnotherapy-based gastric band also needs to be adjusted. The good news is that it won't require a bit of cutting, probing or stitches and again, is all done in the mind. I'll show your mind exactly how to visualize the band adjusting as your weight continues to change and your attitude toward food shifts to a healthy balance of moderation and nourishment.

Just let my words guide your mind into a deep, relaxed state so that all suggestions are met with zero resistance and the gastric band can work independently to help you lose weight without even trying.

6. *Healthy Eating*

Cravings are your body's way of trying to get something it probably shouldn't have (like refined carbs, salt, chemicals, processed food, etc). It's so used to getting what it wants, whenever it wants that, like a cranky toddler, it will try to throw a tantrum. It does this not by screaming and pounding on the floor, but by flooding your mind with images, smells, tastes and a relentless desire to make you give in.

But with this hypnotherapy session, you'll not only be able to stomp your cravings into the ground, but also replace those cravings with healthy alternatives. Right now, you may not think that grapes could be a substitute for chips - but with the right guided words and emotions seeping into your mind, they will.

7. *Exercise Motivator*

Yes I'm going to say it, the dreaded 'E' word. An important part of any successful weight loss program involves stepping up your level of physical activity.

Let's face it. When you come home after a long day of work, cooking a meal, feeding the family, cleaning up and getting ready for the next day - the last thing you want to do is exercise.

But with the power of hypnotherapy you can increase your desire and determination to exercise each and every day. In this session you will learn to enjoy the increased energy that comes from all those endorphins flowing through your body every time you do exercise. Imagine how exhilarating you will feel when you step out of bed each morning with the desire to move your body in some healthy way. When even hearing, thinking or seeing the word exercise motivates you to your very core.

8. *BONUS SESSION Think Yourself Thin*

The more you imagine yourself as the thin person you desire to be, the more quickly this will become your reality. In this free hypnosis recording you will use the power of your subconscious mind to literally wash away your excess fat and create your ideal perfect body.

9. *BONUS SESSION Boost Your Metabolism*

Your powerful subconscious mind controls all your body's unconscious processes, such as regulating your heartbeat and breathing rate. In this free hypnosis recording you will enter the control room of your mind to optimize your metabolism and take back control of your body.

Q: “What does hypnosis feel like?”

Being hypnotized feels like a pleasant state of deep relaxation. You enter a place where you feel awake, but not completely awake. It is similar to the feeling you have when you are just falling asleep or right as you wake up in the morning, when you are still partially aware of what is happening around you but you are not completely awake.

Q: “How will I know I’ve been hypnotized?”

The easiest way to tell that you have been hypnotized is acknowledging an improved state of well-being after listening to your hypnosis session or recording. Remember, you are not unconscious or asleep during hypnosis so you are likely to remember parts of your experience, but you generally won’t remember everything.

Some people do not even realize they were in a hypnotic trance at all. This doesn’t mean you were not hypnotized. Since hypnosis is a normal state for your brain to be in, you may not experience a significant shift in awareness. You will however feel so deeply relaxed that your subconscious mind accepts my positive suggestions.

After a session ask yourself “How long did that take?” More often than not you will feel as if the whole hypnosis session has only taken around 25 minutes when in fact the session goes from 40 – 50 minutes. This is a sure sign that you were in a deep state of hypnotic relaxation.

Q: “Are self hypnosis recordings really as effective as hypnotherapy with a real live person?”

Absolutely Yes! While the experiences are different, those differences do not impact the effectiveness of each approach. Remember, hypnosis deals in the power of suggestion and hearing a suggestion repeatedly helps it penetrate more deeply and stick better. This is why listening to hypnosis recordings is just as effective as in-person individual sessions.

Q. I have had gastric band surgery, will HypnoSlim still work for me?

Yes, a lot of people who have had gastric band surgery get amazing results from the program. Surgery doesn’t address issues relating to healthy eating, emotional hunger and exercise motivation. The Ultimate HypnoSlim Program does.

Q. I only have small amount of weight to lose can I still do the program?

Yes, no matter how much or how little weight you wish to lose, HypnoSlim is equally as effective. There is no minimum BMI since there are zero side effects, even with our gastric band hypnosis program.

Q. What if I have a phobia of hospitals?

I do make suggestions that you will feel safe and relaxed throughout the gastric band hypnosis session. However, if you have a severe phobia of hospitals or simply don't like the idea of surgery (even in your mind), then you can skip the gastric band session and move onto adjusting the band. This session has the same suggestions for decreasing your appetite and shrinking your stomach, without mentioning hospitals.

Q. Why do I hear your voice?

You will hear the sound of my voice and you will remember what I say. After all you are not asleep, you are simply in a deeply relaxed hypnotic trance. You need to be able to hear my suggestions in order for change to take place. You will probably not remember everything I say but you will hear it.

Q. I am doing Weight Watchers, Jenny Craig, Atkins etc. Will this still work for me?

Yes! Some of my clients find following a specific eating plan works for them. This is about finding what works for you. My only suggestion is that you 'Eat to Energize' choosing fresh, healthy food. Anything else is entirely up to you.

Q. I fell asleep while listening to HypnoSlim, will it still work?

Yes! Many self-hypnosis programs naturally result in sleep due to the deep relaxation that is taking place. This is perfectly normal and the program will still work to its fullest extent.

Q. I'm on medications, is the program okay for me?

Yes, as long as they are not mind altering medications or medications for bipolar or personality disorder, then it is fine to use HypnoSlim while on other medications. If you are unsure, consult your health care professional before starting your HypnoSlim program.

Q. Who should not be hypnotized?

Hypnotherapy is generally safe for most people. If you are suffering from epilepsy or a diagnosed mental disorder you should always consult with your health care professional before listening to these or any self-hypnosis recordings. Pregnant or breastfeeding women should not be trying to lose weight with any type of diet or program, including hypnotherapy.

Q “How long will it take to notice a change?”

This is one of the most common questions I receive – and it’s a good one. Hypnosis bypasses your logical “thinking” brain and goes right to your “feeling” brain? Your “feeling” brain, also known as the subconscious, doesn’t rationalize or quantify things like your logical, thinking, “waking” mind does. In the entertainment example, if I told your subconscious mind to “bock like a chicken”, it wouldn’t stop and think, “wait a minute! I’m not a chicken, this is crazy!” It would *immediately* start clucking. But I’m not going to do that. Instead, I’m going to give you positive affirmations that will heal your relationship with food and help you lose weight steadily, naturally and healthily.

That means you could start seeing results from your very first session!

Chapter 6 – Begin to Think and Eat Like a Thin Person for

Have you ever wondered what it would be like to simply eat and think like a thin person? Naturally thin people don't constantly obsess about food and their weight. Instead they listen intuitively to needs of their body.

In essence, thinking like a thin person is all about listening to your body and responding to the true signals it is giving you, not the false hunger that is created by smelling a cheeseburger or seeing a slice of chocolate mousse cake. It's about being recognizing when your body has had enough food and not just eating more because the food is there or it tastes amazing.



Here are some simple steps you can take to think yourself thin:

1. **Throw Out Your Scales**

Do you think thin people hop on the scales every morning? No, they don't. Obsessing with the scales makes you a slave to them. When you lose a pound or two you might feel great, but if you gain a little then it can set you into a spiral of self-destruction. The feelings of failure that follow can send you running for the nearest bar of chocolate or other comfort food.

Not to mention bathroom scales are not an accurate way to monitor your weight. What if you are exercising more and gaining muscle? Or maybe you need a good bowel movement - well there goes a few extra pounds? Ladies, is it that time of the month and your body is puffed up with fluid weight? So many factors can influence that number on the scales.

So it's time to stop judging your success by what you weigh and start looking at all the positive changes you are making in your life. Let the way you feel and the healthy choices you make be your new weight loss barometer. Or simply watch as your clothes get looser and your body get smaller.

2. Listen to Your Body

Take a moment or two to ask yourself if you feel really hungry. There are many times when we think we feel hungry, but only a few when we are truly hungry. Often we feed our feelings because of a false emotional hunger. Or maybe we mistake feeling thirsty for feeling hungry.

True hunger is that slight gnawing or empty sensation in your stomach. Take time to listen to your body, to really listen to your body's needs. Eat only to satisfy true hunger and stop when your body has had enough. Choose foods that make you feel satisfied, nourished and light and avoid all foods that make you feel heavy, bloated and uncomfortable. It's as simple as that!

3. Chew Your Food

Digestion begins in your mouth and good digestion is critical to transforming the food you eat into the energy your body needs. When you chew your food it stimulates the secretion of digestive enzymes in your stomach and digestive tract. If you eat too quickly, these enzymes don't have the time they need to effectively digest your food. When you eat quickly you also swallow more air and ingest larger pieces of food which puts strain on your digestive system and can cause bloating and gas.

Also the hunger hormone Leptin will continue to increase as you eat, until your hunger has been satisfied. Chewing your food thoroughly and eating slowly gives your body time to recognize that it is full and allows leptin to send a message from your stomach to your brain to stop eating because you have had enough.

4. Eat Smaller Meals More Often

Eat at least every 4-5 hours to provide your body with the fuel it needs to function efficiently. This will help maintain your blood sugar levels and keep your metabolism revving. Plan ahead so that you have healthy food on hand at all times. Remember that you want to eat when you start to feel hungry, not after you become ravenous. When you experience excessive hunger it is a sign of low blood sugar levels which will create cravings for sugar and other CRAP foods.

5. Enjoy Your Food

Sit down, slow down, relax and enjoy your food. Creating a relaxed and enjoyable atmosphere when you eat encourages you to chew more thoroughly, eat more slowly and makes it easier to listen to your body. Also try to avoid anything that distracts your attention away from food, such as watching television. This way you are more likely to remain aware of how much you are eating. The more conscious you are when you are eating, the more you will listen to the signals saying you have had enough.

Chapter 7 - Tips to Stay Motivated

Even with the best program and all the support in the world, we all have days when we could use a little extra inspiration. Here are some things you can do to increase your motivation and guarantee your weight loss success.

Set Achievable Goals

Something I cannot stress enough is the importance of making changes that you will be able to stick with for the rest of your life. Begin by setting small achievable goals that aren't tied to a number on a scale. For example, instead of making it your goal to lose 10 kilos, why not aim to drink eight glasses of water every day. Or plan to take the stairs each morning on your way to work. Another very helpful goal would be to listen to your hypnosis recordings at least four times a week. Whatever your goals, make sure they are very specific, clear and easy to attain.

Move More

Activity is crucial to health and when you are trying to lose weight it matters more than ever. But it is easy to get bored with the same old exercise routine day after day. Don't get stuck in a rut! Try something new. Go for a walk, take a yoga class, or explore your neighborhood with a morning hike.



Exercise doesn't have to be done in a gym, on a piece of equipment, or with an instructor. You just need to get moving!

Make Room for the New You

Make room for the new version of yourself that you are creating. Clean out any unhealthy food from the cupboards. Get rid of old clothes from the closet. Rearrange your environment to suit the new life you are building.

Don't Give In to Guilt

No one is perfect and we all need a little chocolate every now and again. The only thing wrong with the occasional indulgence is the guilt you feel afterwards. There is no point making yourself feel so bad about that one splurge that it knocks you completely off track and you end up eating ten chocolates just to feel better. Naturally thin people don't feel guilty when they have an occasional treat. They savour the moment and then get right back to eating healthy foods. Guilt isn't useful - let it go!

Most importantly, stop 'weighting' for the life you want and start living your dreams now!