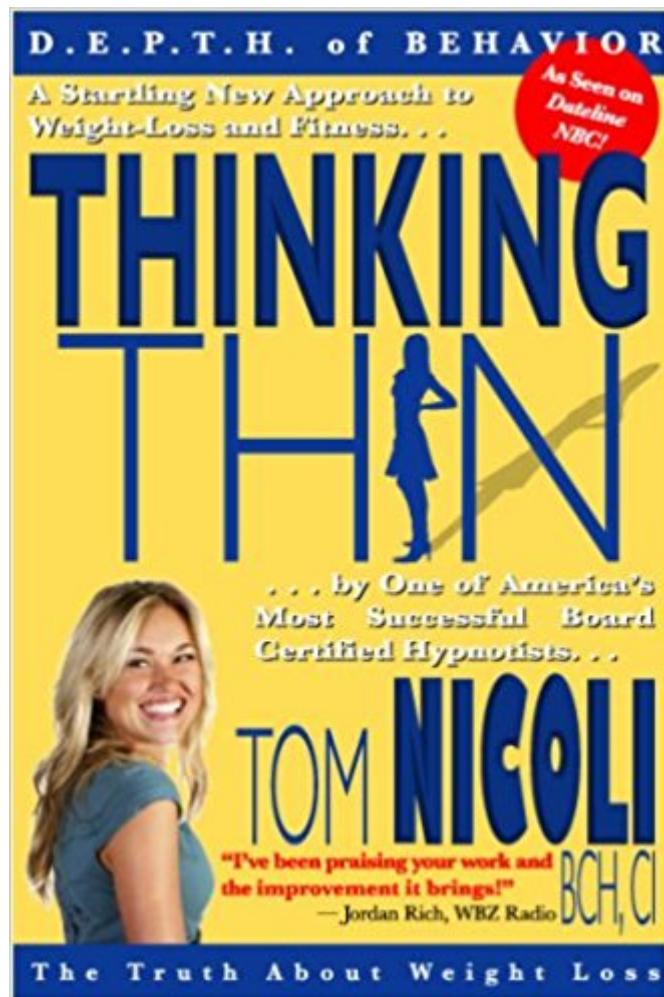


The book was found

Thinking Thin



Synopsis

Have you suffered through too many trendy diet programs without lasting results? Have you worked yourself to the point of exhaustion in the gym? Have you ever taken a miracle pill to help you lose weight? Does your weight still fluctuate more than the stock market? Are you pleading for a weight solution that actually works? If you answered yes to any of those questions, then you must read THINKING THIN a startling new approach to weight-loss and fitness developed by Tom Nicoli, BCH, CI, one of America's most successful Board-certified hypnotists who has been seen on Dateline NBC and praised by SHAPE Magazine as the Hippest of the Hyp!. Tom has shown thousands of people around the world how to live free from the anguish of obesity all without the struggle associated with most weight-loss programs and diets. Why put up with dangerous diet pills or waste another day of self-starvation or dreaded workouts when you don't have to? Make the decision today to embark upon the joyous path to a better you. It all begins with THINKING THIN...

Book Information

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Customer Reviews

"A must read for anyone considering alternative holistic modalities!" -- Peggy Pattison, KISSuccess Performance Solutions "I've been praising your work and the improvement it brings!" -- Jordan Rich, WBZ Radio "Tom Nicoli is the hippest of the hyp!" -- SHAPE Magazine

The dangers linked to eating an unbalanced, fatty diet are not a secret -- they are very well known. These risks are more documented than ever by many health and safety awareness campaigns. A large portion of the population is eating itself to death, piling on pounds and pounds with

extra-large plates of chips, pizza, and other fatty foods. There seems to be no stopping this trend, and no limit to this global binge. The entire population of the northern hemi- sphere seems to have gone into food madness mode, leading to more and more heart related diseases, high cholesterol, and diabetes, as well as adding to the factors which favor the occurrence of cancer. You know that, but when you get home from work to- night, you'll still probably grab a hamburger, followed by a big tub of ice cream. Even worse, you'll probably let your child have cookies, fatty meats and potatoes -- anything that will satisfy their taste buds. You obviously don't do that to cause them damage, but that's exactly what you are doing. You're preparing them for a lifetime of eating fast food and putting on weight to an unhealthy point. You know that overeating is bad for you and you under- stand that it will damage you and your children's health. You are basically doing something you know is bad for you and those you love most -- and something that might shorten all your lives. It might seem compulsive to you. It might even seem un- beatable. It's none of that; it's something you can change. That's where THINKING THIN comes in. THINKING THIN is a revolutionary new way to approach weight loss and to attain a fitter and healthier lifestyle. By utilizing methods and ideas that have been around for quite a while, you will be able to break yourself of your current, un- healthy habits and replace them with healthy practices that will enable you to reach your goals. Diets, medical procedures, and the other sundry ap- proaches to weight loss attempt to remedy the problem by working from the outside to the inside. "Watch what you eat!" "I'm gonna get lipo." "I guess I better hit the tread- mill." These are the common refrains you've probably heard a thousand times (or more!). These phrases refer to things that are outside of ourselves -- and are more than likely symptoms of an underlying cause. While watching what you eat will be essential to maintaining a healthy and fit life, taken to an extreme (which far too many people do) can lead to other problems without ever addressing the root cause of the imbalance in the first place. You see (and you will see as you read through this book) that the root cause of your weight is not outside of you -- it is inside. It is your mind. How many diets have you put yourself on? How many pills that promised the fat would melt away have you popped? How many exercise machines lie dormant around your house? Why do you think that is? If you are mentally disposed to a certain way of thinking, then you will continually return to that way of thinking un- less you aim to change not the behavior, but the cause of that behavior; and the cause of that behavior is the way you are thinking. In other words, you have to form new habits, which are nothing more than programmed ways of thinking. Hypnosis (and self-hypnosis) can help you do that, by making you feel that you can change it, making you realize that this is within your power, and helping your mind to take over from your hands when it comes to serving, eating, or helping yourself to food. Whether you are starting a

diet or are already on a diet and find you are struggling, hypnosis can provide valuable help. In all actuality, by using hypnosis or self-hypnosis, you are actually reversing the effects of the hypnosis you've experienced during your life that instilled your current way of thinking that caused your unhealthy eating and exercise habits. Another way to look at things is that now -- finally! -- you'll be able to take the reins and control what you think and how you want to feel about what you think. That is the essence of THINKING THIN.

Great condition

I am a clinical hypnotist and this book is great for the professional hypnotist as well as the general public. This small book is packed with worthwhile information. The information is presented in a clear and easy to understand manner. By following the suggestions in the book, anyone who has decided to loose weight should loose weight.

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