

Life Is Mental: Think Thin to Live Thin

*An effective easy to follow 8 week program
designed to help you Think yourself Thin.*

Kelly Stallings

Life is Mental: Think Thin to Live Thin

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Consult your doctor before starting this or any other weight loss program. Individual results will vary.

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Introduction

Changing your thinking and beliefs about your self image and weight loss will create a strong positive foundation for you as you work toward your weight goals. This foundation will assist you in facing challenges and succeeding. If you have experienced past attempts at weight loss that you believe were not successful, then you are ahead of the game! You have great information about yourself to help you identify your triggers or Achilles heel at weight loss and apply the training in this book to push you toward success. You will need to have your caloric intake goals set and your exercise goals set as you begin this 8 week program. You will also need an open mind willing to try new things as you reprogram your thinking to create long lasting success. The benefit you receive from this training will be equal the amount of effort you put into reading the book and applying the principles to your life. If you are completing this book in a group environment (and I hope you are), be open and honest with your group as you move through the weekly chapters. Take time to work through each chapter over the course of each week. Each week you will learn new ideas and strategies to think about and begin applying to your life. Use the time during each week to percolate and practice the ideas and new concepts offered weekly. As your group develops a connection, you will be able to share feedback about one another that may offer significant insights that catapult someone's success.

I would like to be the first to share a significant insight with you. Up to this point, you most likely have not given your weight loss goals all you've got. It is easy to make attempts, get sidetracked by your limiting beliefs and then make excuses. If you are reading this book, you have probably stated your fair share of excuses. This book will help you reach down deep and remove the mental limits that you have placed on yourself. These limits are self imposed negative thoughts and beliefs. You might believe that people in your family are heavy or it is difficult for you to lose weight. Whether these limiting thoughts are your voice or someone else's, it is time they stop and you are freed!

In the movie, *Facing the Giants*, there is a scene where a high school football coach is attempting to show his players that they are not playing to their full ability and believing in themselves. The team has had a poor football record for several years. The coach asks one of the defensive players to stand up and death crawl (crawling on his hands and feet) down the field from one end zone while carrying another player on his back. The coach asks the player how far he can make it. This defense guy says that he can only make it to the 35 yard line while carrying another player and maybe to the 50 with no one his back. The coach says that he believes the player can make it to the 50 yard line with a player on his back and proceeds to blindfold this defense player for the exercise. The player stammers and denies his ability but ultimately positions himself to take the challenge. As the player moves

down the field the camera focuses tightly on the coach encouraging him to keep going as the player says he is tired. Soon the camera pans the players on the sidelines standing up and becoming attentive to watch the progress on the field. The coach tells the player to keep going and use up every ounce of will power he has and just keep going. Finally the player falls to his stomach red faced and out of breath apologizing for stopping. The coach takes off his blind fold to reveal the he went the entire length of the field.

This is a great example of the limitations that we set on ourselves and the limitations that others set on us that we accept as true. The blindfold kept the defense player going beyond his own expectations and judgments of his ability. He amazed himself and his team mates. Please think about how you have judged yourself and possibly accepted other people's judgments of you concerning your weight and your ability to lose weight. Picture yourself five years from now. What do you look like in five years? Are you at your perfect weight or are you overweight? This is a significant question for you to really think about. If you picture yourself overweight in your future, do you really believe that you can lose weight? This belief is directly tied to your thinking. Picturing yourself overweight in the future is not thin thinking. You may not have many thin thoughts. You may have a long history of holding limiting beliefs. These limiting beliefs are a choice, not the truth about you. You can choose to change your beliefs and your thinking which will change your life. You have a choice to improve yourself no matter how small the improvements are when you get started. Whether this book helps you achieve your goals in 8 weeks or over the span of 24 weeks, the fact remains that it is your choice to apply this education to your life and start thinking yourself thin. Life is mental; take control of your mind and make something amazing happen!