

START SEEING YOURSELF IN A NEW LIGHT

MIND POWER FOR WEIGHT LOSS

Weight Loss is a Mind Game!

Do you agree with the above statement? Think about it. Everything we do **begins in thought**, spurred on by emotion.

Wasn't it largely our mental processes that led to our weight gain?

Makes sense then, that by learning how to control those mental processes **we can** get our **slim body** back.

Sounds easy, right? Actually it's very difficult. Why? Because:

- We have internalized years of ingrained **bad habits encouraged by the fast food & advertising industries creating "Emotional Addictions"**
- Ever since we were young, the word '**treats**' has been **associated with high calorie foods**
- We **crave treats** to help us deal with life
- We **rebel against** 's' (exercise) & should eat
- **Yo-yo dieting** leaves us d



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