



Think Slim! Weight Loss Affirmations: Slim down using affirmations! The best affirmations to lose weight!

Kim Fleckenstein

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Do you know the feeling? You have made the decision to lose weight. You are highly motivated and fully determined to start your diet program. But one day, you suddenly throw out all your resolutions and one little exception becomes two, then three... Your inner attitude frequently plays a decisive role for the success or failure of a weight loss program. Obstructive belief systems and thinking patterns that you are often not conscious of can ruin your weight loss plans. Positive, beneficial belief systems, on the other hand, are the most powerful tools you can have when trying to achieve your ideal weight. Regardless of whether you have decided to lose weight or have already begun a diet, the Affirmation Program "Think Slim!" boosts your mental motivation, giving you the impetus needed to achieve your ideal weight!

Affirmations are an easy and effective self-coaching technique that is particularly optimal for supporting processes of change in your life. An affirmation is nothing other than a short, positively formulated sentence (of faith) or positive belief, and the secret to its success lies in repetition. Because our thoughts, feelings and actions form an interdependent relationship, we can influence our feelings and behavior by changing our thoughts. Hence, with the help of affirmations, negative, unconscious thoughts and self-doubt can be changed for the better. With approximately 20 minutes a day, you will quickly feel and experience your first successes.

Do not listen to this program while operating a motor vehicle or during any other activity that requires your full attention. This program does not replace a doctor or any other medical aids. The best effect can be achieved by listening to this program once a day over a period of 4 weeks. The audiobook consists of two chapters. You can choose either to listen to the book with a wake-up phase (chapter 1) or to listen to chapter 2 if you wish to fall asleep afterwards.

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