



Think Slim: An Easy-to-follow Program That is the Key to Making Any Diet Work

Mark Stephens

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
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'Think Slim is weight loss for the mind.' - Dr Neil Peace, Sydney Medical Weight Loss Centre There are countless diet books out there that promise dramatic results. So why do so many of us struggle to lose weight and keep the pounds off permanently? The answer is all in your mind, says Mark Stephens. In Think Slim Mark gives you the tools to change the way you think, so you can stick to your plan for eating and exercising well. Via self-hypnosis using 12 keys, Mark will show you how to: * Control your emotional states * Accept responsibility rather than make excuses * Change habits * Eliminate limiting beliefs and negative emotions * Set goals * Change your thinking at the subconscious level * Use positive self talk and a whole lot more. To succeed with your diet or get-fit plan, Think Slim.

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