

i can make you thin paul mckenna book

i can make you thin paul mckenna book: Unlocking the Secrets to Sustainable Weight Loss

Are you tired of fad diets, endless calorie counting, and weight loss programs that promise quick results but fail to deliver long-term success? If so, the **i can make you thin paul mckenna book** might be the transformative guide you've been searching for. Authored by renowned hypnotist and motivational speaker Paul McKenna, this book offers a practical, psychological approach to shedding excess weight and maintaining a healthier lifestyle. In this comprehensive guide, we'll explore the key concepts of the book, how it differs from traditional dieting methods, and why it could be the catalyst you need to achieve your weight loss goals.

Understanding the Core Principles of the Book

Paul McKenna's *I Can Make You Thin* revolves around the idea that weight loss is primarily a psychological challenge. Unlike conventional diets that focus solely on food restrictions, McKenna emphasizes changing your mindset and habits to foster sustainable change. The book is built on the premise that by reprogramming your subconscious mind, you can develop healthier eating patterns, reduce emotional eating, and build lasting motivation.

The Power of Hypnosis and Self-Help Techniques

One of the standout features of McKenna's approach is his use of hypnosis and neuro-linguistic programming (NLP). These techniques aim to:

- Alter negative thought patterns related to food and body image
- Increase motivation to make healthier choices
- Reduce cravings and emotional triggers that lead to overeating
- Build confidence and positive self-image

The book provides practical exercises, guided visualizations, and self-hypnosis scripts that readers can practice daily to reinforce their new mindset.

The 7 Simple Steps to Lasting Change

McKenna introduces a straightforward, step-by-step process designed to rewire your subconscious

and promote weight loss:

1. **Identify and eliminate triggers** that lead to overeating
2. **Set realistic and motivating goals** aligned with your desires
3. **Change your self-talk** to be positive and empowering
4. **Develop new habits** that support your weight loss journey
5. **Practice self-hypnosis** regularly to reinforce change
6. **Monitor your progress** with journaling and reflection
7. **Maintain motivation** by celebrating small victories

This method ensures that weight loss isn't just about dieting but about transforming your relationship with food and yourself.

How *I Can Make You Thin* Differs from Traditional Diets

Many conventional weight loss programs focus on calorie restriction, specific meal plans, or intense workout routines. While these can be effective short-term, they often lack sustainability and may lead to yo-yo dieting. In contrast, McKenna's approach targets the underlying psychological factors that influence eating behaviors.

Key Differences Include:

- **Focus on mindset:** The book emphasizes changing how you think about food, hunger, and your body.
- **Empowerment over restriction:** Instead of depriving yourself, you learn to develop healthy habits naturally.
- **Sustainable change:** The techniques aim for long-term transformation rather than quick fixes.
- **Self-hypnosis and NLP:** Unique tools that support subconscious change and reinforce motivation.

- **Holistic approach:** Addresses emotional, mental, and behavioral aspects of weight loss.

This paradigm shift makes the process more enjoyable and less stressful, increasing the likelihood of lasting success.

The Benefits of Using the *I Can Make You Thin* Method

Readers who have adopted McKenna's techniques report numerous benefits beyond just weight loss. These include:

Physical Benefits

- Steady and sustainable weight reduction
- Improved digestion and metabolic health
- Enhanced energy levels and physical vitality
- Better sleep quality

Mental and Emotional Benefits

- Increased confidence and self-esteem
- Reduced emotional eating and cravings
- Greater awareness of hunger cues and satiety
- Lower stress levels related to dieting pressures

Behavioral Benefits

- Development of healthier eating habits

- Better impulse control around food
- Enhanced motivation to stay active and maintain progress
- Ability to overcome plateaus and setbacks

All these factors contribute to a more balanced, happy, and healthier lifestyle.

Who Can Benefit from the Book

The principles outlined in *I Can Make You Thin* are applicable to a wide range of individuals, including:

- People struggling with emotional or binge eating
- Individuals who have tried multiple diets without success
- Those seeking a sustainable and holistic approach to weight loss
- Anyone interested in improving their mindset and self-confidence
- People wanting to develop healthier habits without feeling deprived

However, it's important to remember that while the book provides powerful tools, it's not a substitute for medical advice. Individuals with underlying health conditions should consult their healthcare provider before starting any new weight loss program.

How to Use *I Can Make You Thin* Effectively

Maximizing the benefits of McKenna's approach involves commitment and consistency. Here are tips to get the most out of the book:

1. **Read the book thoroughly:** Take your time to understand the concepts and techniques.
2. **Practice daily:** Incorporate self-hypnosis and visualization exercises into your routine.
3. **Keep a journal:** Track your thoughts, triggers, and progress to stay motivated.

4. **Be patient:** Psychological change takes time; celebrate small wins along the way.
5. **Seek support:** Consider joining online communities or working with a hypnotherapist if needed.

Consistency and an open mind are key to transforming your habits and achieving your weight loss goals.

Conclusion: Is *I Can Make You Thin* the Right Choice for You?

If you're seeking a sustainable, empowering, and scientifically backed approach to weight loss, *I Can Make You Thin* by Paul McKenna offers a compelling alternative to traditional dieting. By focusing on changing your subconscious mind, cultivating positive habits, and building self-confidence, this book aims to help you not only lose weight but also enjoy a more balanced and joyful life.

Remember, true transformation begins from within. With patience, practice, and commitment, the techniques outlined in this book can help you unlock your full potential and achieve the healthy body you desire. Embrace the psychological tools and mindset shifts, and watch as your journey to a thinner, healthier you unfolds naturally and sustainably.

Meta Description: Discover how Paul McKenna's *I Can Make You Thin* offers a psychological approach to sustainable weight loss. Learn techniques, benefits, and how to implement this empowering method for lasting change.

Frequently Asked Questions

What is the main focus of Paul McKenna's book 'I Can Make You Thin'?

The book focuses on helping readers change their habits, mindset, and behaviors related to eating and weight loss to achieve a healthier, thinner body.

Are the techniques in 'I Can Make You Thin' backed by scientific research?

Yes, Paul McKenna's methods incorporate principles from psychology and behavioral change theories, emphasizing subconscious reprogramming and positive reinforcement.

Can 'I Can Make You Thin' help with emotional or binge eating?

Absolutely. The book includes techniques aimed at addressing emotional triggers and subconscious patterns that contribute to binge eating and emotional eating behaviors.

Is 'I Can Make You Thin' suitable for all age groups?

The book is generally suitable for adults seeking to lose weight and change habits. However, individuals with specific health conditions should consult a healthcare professional before making significant changes.

What kind of methods does Paul McKenna use in his book?

He uses NLP (Neuro-Linguistic Programming), hypnotherapy, and guided visualizations to help reprogram the subconscious mind for healthier habits.

How effective is 'I Can Make You Thin' compared to other weight loss programs?

Many readers report positive results using McKenna's techniques, especially in changing mindset and habits. However, individual results vary, and combining the book's methods with a healthy lifestyle is recommended for best outcomes.

Additional Resources

I Can Make You Thin Paul McKenna Book: An In-Depth Review and Analysis

Introduction

In the realm of self-help and personal transformation, few titles have garnered as much attention as "I Can Make You Thin" by Paul McKenna. This book, published in 2005, promises a revolutionary approach to weight loss by combining psychological techniques, neuro-linguistic programming (NLP), and behavioral change strategies. As millions seek sustainable ways to shed excess weight, McKenna's book stands out as a compelling alternative to traditional dieting methods. This article delves into the core concepts, structure, effectiveness, and user experiences associated with "I Can Make You Thin", providing an expert analysis for those considering this program.

Overview of Paul McKenna and the Book

Who Is Paul McKenna?

Paul McKenna is a renowned hypnotist, behavioral scientist, and motivational speaker. With decades of experience in hypnosis and neuro-linguistic programming, McKenna has built a reputation for

helping individuals overcome psychological barriers to change. His approach emphasizes the power of the mind to influence physical health, emotional well-being, and personal success.

The Premise of "I Can Make You Thin"

The core idea behind "I Can Make You Thin" is that weight loss is primarily a psychological process rather than just a matter of willpower or diet plans. McKenna argues that many people struggle with overeating, emotional eating, or unhealthy habits because of underlying subconscious patterns and beliefs. By using specific mental techniques, listeners and readers can reprogram their minds to adopt healthier habits effortlessly.

Structure and Content of the Book

Format and Delivery

The book is uniquely designed as a guided self-hypnosis program. It is often accompanied by an audio CD or downloadable recordings that guide listeners through hypnotic sessions. The physical book provides detailed explanations of the techniques, the psychology behind weight management, and practical advice to reinforce behavioral change.

Major Sections of the Book

1. Understanding the Mind-Body Connection

- Explores how subconscious beliefs influence eating behaviors.
- Discusses the role of emotional triggers, habits, and self-image.

2. The Power of Hypnosis and NLP

- Introduces principles of hypnosis and NLP as tools for change.
- Explains how to access the subconscious mind to install new, healthier habits.

3. The "Fast-Track" Techniques

- Focuses on specific mental exercises and visualizations.
- Includes methods such as positive affirmations, mental rehearsals, and anchoring.

4. Practical Strategies for Lasting Change

- Offers tips on mindful eating, managing cravings, and emotional regulation.
- Emphasizes the importance of self-belief and confidence.

5. Maintenance and Long-Term Success

- Guides on how to sustain weight loss beyond the initial change.
- Reinforces the importance of a positive mindset and ongoing mental conditioning.

Key Techniques and Concepts

Self-Hypnosis

A cornerstone of McKenna's approach, self-hypnosis involves entering a relaxed, focused state of

consciousness to communicate directly with the subconscious mind. The book provides scripts and instructions to induce this state, which can help reinforce positive behaviors such as portion control, healthier food choices, and reduced emotional eating.

Neuro-Linguistic Programming (NLP)

NLP techniques aim to change thought patterns and perceptions about food and body image. For instance, McKenna advocates for visualizing oneself as already slim and healthy, thereby aligning subconscious beliefs with conscious goals. Anchoring positive feelings to specific gestures or phrases is another NLP strategy used to boost motivation and confidence.

Visualizations and Affirmations

The book encourages the use of vivid mental imagery—seeing oneself in the desired body shape—and positive affirmations to reprogram beliefs about self-worth and capability. This mental rehearsal fosters a mindset conducive to change, making the process feel natural and achievable.

Mindful Eating

While the focus is largely psychological, McKenna emphasizes the importance of mindful eating practices—paying full attention to food, hunger cues, and the sensory experience of eating—to reinforce the new subconscious messages.

Effectiveness and Scientific Backing

User Testimonials and Success Stories

Many readers and listeners report significant weight loss and improved self-esteem after following McKenna's program. Testimonials often highlight the ease of adopting healthy habits without feeling deprived or overwhelmed by restrictive dieting.

Scientific Validity

While self-hypnosis and NLP are somewhat controversial in mainstream science, there is evidence to support their efficacy in behavior modification. Studies suggest that hypnosis can assist in smoking cessation, pain management, and weight loss when combined with other behavioral strategies. The psychological framing of McKenna's approach aligns with cognitive-behavioral principles, emphasizing the importance of mindset in health outcomes.

Limitations and Considerations

It's important to recognize that individual results vary. Some critics argue that relying solely on psychological techniques may not be sufficient for everyone, especially those with complex medical issues or severe emotional eating problems. Nonetheless, when integrated with healthy lifestyle choices, McKenna's methods can be a powerful adjunct.

Practical Advantages of the "I Can Make You Thin" Program

- Accessibility: The book and audio recordings are easy to use at home, requiring no special equipment.
- Sustainability: Focus on changing subconscious patterns helps create lasting habits.
- Empowerment: Encourages individuals to take control of their mindset, reducing reliance on external dieting rules.
- Holistic Approach: Addresses emotional and psychological factors, not just calorie counting.

Potential Challenges and Criticisms

- Subjectivity: Success heavily depends on individual belief and willingness to engage with the techniques.
- Lack of Dietary Guidance: The book does not provide specific meal plans or exercise routines, which some may find necessary.
- Scientific Skepticism: Critics question the robustness of hypnosis and NLP claims, suggesting they should be viewed as complementary rather than standalone solutions.

How to Maximize the Benefits of the Program

To get the most out of "I Can Make You Thin", consider the following tips:

- Consistent Practice: Regularly listen to the hypnosis recordings and engage with the exercises.
- Combine with Healthy Lifestyle: Incorporate nutritious eating, physical activity, and adequate sleep.
- Stay Positive: Maintain a growth mindset and be patient with progress.
- Seek Support: Share your goals with friends, family, or support groups for motivation.
- Monitor Progress: Keep a journal to track changes in habits, mood, and weight.

Final Verdict

"I Can Make You Thin" by Paul McKenna stands out as a psychologically focused weight loss program that leverages hypnosis, NLP, and behavioral techniques to facilitate lasting change. Its approach appeals to those who prefer a mindset-centered method over conventional dieting, emphasizing self-empowerment and mental conditioning.

While it may not replace medical advice or comprehensive lifestyle programs, it can serve as a valuable tool within a broader health strategy. Its success largely depends on individual commitment and openness to subconscious work. For those ready to explore the mind's potential in achieving a healthier body, McKenna's program offers a compelling, accessible, and potentially transformative experience.

Conclusion

In summary, "I Can Make You Thin" by Paul McKenna is more than just a weight loss book; it's a

psychological toolkit aimed at rewiring the mind for health and happiness. By understanding the underlying beliefs and patterns that drive eating behavior, individuals can unlock their potential for change in a sustainable and fulfilling way. Whether you're skeptical or curious, exploring McKenna's techniques can be a worthwhile step toward achieving your weight management goals—mind, body, and spirit.

I Can Make You Thin Paul McKenna Book

i can make you thin paul mckenna book: I Can Make You Thin Paul McKenna, Ph.D., 2016-01-05 Would you like to eat less without feeling like you're missing out? Are you unable to lose those last 10 pounds? Would you like to stop sabotaging yourself? Do you want to feel truly happy with your body? If you've struggled with your weight for too long, let Paul McKenna help you lose weight and change your relationship with food!> Diets work for less than 10 percent of people. So it's time to try something new. *I Can Make You Thin* is a revolutionary weight-loss system that re-patterns your thoughts and behaviors around food to help you take control of your eating. All your decisions about how much you eat take place in your mind—so this remarkable book, which includes a free digital download featuring a powerful guided hypnosis session with Dr. McKenna, reprograms your unconscious mind to change your relationship with food, speed up your metabolism, overcome emotional eating, and instantly stop cravings. If you find it hard to say no to second helpings, this system can make it easy. If you get discouraged about your weight, this system can give you hope. And if you have zero motivation to exercise, it can get you moving with ease. Dr. McKenna's system will help you start losing weight right away, and you can use the techniques and the hypnosis session again and again as you go all the way to your ideal shape and size. It's a system so simple that most people can't believe it will work for them. The best part is, you don't have to believe—you just have to follow the instructions and watch your life start to change for the better.

i can make you thin paul mckenna book: I Can Make You Thin 90-Day Success Journal Paul McKenna, 2006 The essential companion to Paul McKenna's bestselling weight-loss plan. It includes tips and advice for every day which will help you control your cravings and stay on course to a thinner you. Rate yourself out of ten every day on Paul's 4 Golden Rules for weight-loss success - eat when you are hungry, eat what you want, eat consciously and stop eating when you are full. Pick something positive you've done every day and find something to look forward to the next day, and you can help maintain the right frame of mind for losing weight.

i can make you thin paul mckenna book: I Can Make You Sleep Paul McKenna, 2009 Following the huge success of his blockbuster weight-loss program, Paul McKenna has created a groundbreaking new book-and-CD set that will be welcomed by millions. It reveals the secrets of getting regular, deep, refreshing sleep—and banishing insomnia for good. McKenna understands the frustration of not getting a good night's rest, and his trademarked system—which consists of the book and CD working in harmony to reset your body's natural sleep mechanism—is the solution every insomniac has been waiting for. Whether you find it difficult to fall sleep, wake frequently during the night, or get up too early, his method both increases the amount of sleep you enjoy and, crucially, improves its quality. And, one of the best things about McKenna's technique, which took him 20 years to develop, is that you needn't "believe" in it: just follow his instructions, listen to the CD, and watch what happens.

i can make you thin paul mckenna book: Hypnotic Gastric Band Paul McKenna, 2016 The New Surgery-Free Weight-Loss System Do you want to lose weight? Have you tried diets and failed? Do you want a completely new approach? Then let Paul McKenna help you! A gastric band is a radical surgical operation that reduces the available space in the stomach. Dr. McKenna's Hypnotic Gastric Band is a psychological procedure that can help to convince the unconscious mind that a

gastric band has been fitted, so the body behaves exactly as if one were physically present. Why does it work so well? Along with the book, the system contains audio and video sessions to provide complete support for physical and psychological change while you lose weight. There's no physical surgery, no scarring, and no forbidden foods. Just follow all the instructions and let Paul help you lose weight. An amazing new approach that promises weight loss for good!-- Dr. Ronald Ruden, M.D., Ph.D. Dr McKenna's system offers people a safer, non-invasive method of significant weight loss.-- Professor Michael Carmi, M.D., Ch.B.

i can make you thin paul mckenna book: Get the Life You Want Richard Bandler, 2023-06-06 Richard Bandler is known worldwide as the cofounder of neurolinguistic programming (NLP). Here, in what will be considered a classic, is Bandler at his best—the most accessible and engaging work yet, detailing his proven methods that have freed tens of thousands of people worldwide of their destructive habits, phobias, and fears. When conventional therapy and drugs fail, Richard Bandler delivers, often with miraculous results. Richard Bandler cocreated the field of NLP with John Grinder in the early 1970s. Since then, Bandler's work revolutionized the field of personal change; his models and methods have been widely adopted and used successfully in colleges and universities, therapists' offices, professional sports teams, and businesses across the globe. While many people have written books on NLP, much of what has been written is based on Bandler's ideas. *Get The Life You Want* shares 'the how' from Bandler himself, with remarkable insights into some of his greatest and most advanced work to date, including compelling true examples from client sessions. With more than thirty exercises that promise rapid relief from any problem or habit, plus a glossary of terms and a detailed index, this is a culmination of a lifetime of work written in a simple, engaging style that both clinicians and laypeople will find effective.

i can make you thin paul mckenna book: Unmasking Your Future Judy Lekic, 2010-08-16 Are you able to manifest your desires almost instantly? If not, then *Unmasking Your Future* is a must read. The Law of Attraction says you will bring to you what you focus on; however, if your unconscious is holding negative thoughts or beliefs you will never be able to actualize your dreams. Judy Lekic details the techniques required to clear out those unconscious negative patterns of not deserving, not being good enough, and all the other fear based negative programming from your past that keep you from actualizing your goals. You will gain an understanding of how your negative thoughts keep you stuck in a negative loop. You will learn the importance of connecting to the spiritual realm and gain techniques to do so, and will discover how to the difference between your energy and others. The valuable tools in this book are a must for anyone wanting to find peace, love, and joy.

i can make you thin paul mckenna book: Needbased Eating Liv Larsson, 2015-05-18 Are you ready for a book that can radically change your way of looking at food, weight and health? How can we make choices that keep us healthy both in body and soul? *Needbased Eating* offers you a training program leading to physical and emotional balance. The focus is not to loose or gain weight, but to find ways to become friends with your body and your mind. Following this program builds the foundation for finding a balanced weight. A practical book that provides you with three tools you can start using today. In this book you will learn to: - Enjoy what you choose to eat and know how to stop eating when you've had enough. - Find ways to break the downward spiral of an out of control relationship with food - Listen to and communicate with your body - Distinguish emotional hunger from physical hunger

i can make you thin paul mckenna book: Lover Anna Raverat, 2025-06-25 Kate—a wife, a mother of two, and a senior executive at a multinational hotel company—has made caring for others her life's work, and she's good at it. But when she opens her husband's computer to find a series of email exchanges with an unknown woman, it all begins to fall apart. After ten years of marriage, Kate is forced to take a closer look at her relationship with her husband, and she must ask herself: How well do I really know him? Things begin to spiral at work, too, with the political machinations in the office reaching an increasingly Shakespearean level of drama and ferocity. Kate gets caught between the ravings of power-hungry bosses and her job, which is to make the hotel guests happy.

With both her work and home lives crumbling around her, Kate, for the first time, begins to think about what it is she really wants: from her husband, from her job, from her life. *Lover*, the British writer Anna Raverat's U.S. debut, is an observation of love, work, and life as seen through the lens of a troubled marriage. With the irresistible wit of Emma Straub's *The Vacationers*, the compelling candor of Ayelet Waldman's *Love and Other Impossible Pursuits*, and no shortage of brightening humor, Raverat paints an acute portrait of the female psyche, freshly exploring intimacy and the politics of work. Intellectually rich and captivatingly poignant, *Lover* is the powerful story of a woman making her way in the world.

i can make you thin paul mckenna book: *Richard Bandler's Guide to Trance-formation* Richard Bandler, 2010-01-01 This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest geniuses of personal change. As you use the techniques in this book, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!--Paul McKenna, Ph.D, author of *I Can Make You Thin* and host of The Learning Channel's *I Can Make You More* than thirty years ago, Richard Bandler set out to discover how some therapists managed to effect startling change with their clients, while others were arguing about theories as their face patients waited in vain for help. Now widely regarded as the world's greatest hypnotist, Richard Bandler observed and developed patterns which became the foundation of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-development and change. Since coauthoring the internationally influential books, *The Structure of Magic Volume 1*, and *Patterns of the Hypnotic Techniques of Milton Erickson, M.D. Volume 1*, Bandler has traveled the world, honing his skills and helping people solve problems and achieve goals when other experts have been unable to help. Richard Bandler's *Guide to TRANCE-formation*, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling prescription for personal change. According to Bandler, trance is at the very foundation of human experience. People are not simply in or out of trance, but are moving from one trance to another. They have their work trances, their relationship trances, their driving trances, and their parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset or reprogram problem behaviors to desired alternatives, with lasting and life-altering results. Peppered with case studies and more than thirty exercises, Richard Bandler's *Guide to TRANCE-formation*, is an intriguing, engaging, and often amusing, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

i can make you thin paul mckenna book: *Love Food and Be Slim* Natasha Reddy, 2012-03-30 What does it really take to lose weight and feel great forever? Why is it that many diet and exercise regimes simply don't work? What are the secrets of the slim and fit? What's special about the way they think? What are the thoughts and actions that effortlessly propel you towards your ideal weight? How can anyone start to have a better body image immediately? And what if being trim and full of energy were simply about waking up to your own thoughts and strategies? If you want to befriend your appetite and then hone your shape with effective nutrition and exercise plans, read on. This book uses easy keys to unlock the way you think, change the way you eat and change your body and your life!

i can make you thin paul mckenna book: *Happiness* Andy Cope, Andy Whittaker, Shonette Bason-Wood, 2017-10-19 Happiness, calm and enlightenment need not be elusive concepts which we hear of in theory but are never able to capture. This funny, practical book by Andy Cope, the UK's first Dr of Happiness, will show you how to transform your thinking, change gear and find a fresh new perspective that will leave you better focused on the things that matter, much healthier and a great deal happier. Happiness is the definitive route map that shows you not only where, but also how. It teaches you to harness your thoughts, memories, ideas and attention to embrace 'now', experience more joy and live a truly flourishing life. This book is a wake-up call to stop skimming the

surface of life, take charge of your attitude and set your path for enlightenment. Buckle up. You can expect peril, thrills, science and lots of laughter along the way.

i can make you thin paul mckenna book: *You Can* Jane McClaren, 2013-04 "I salute her victory over pain. Jane reveals a remarkable humanity and spiritual insight." - Bill "I found your book inspiring while I was going through recovery." - Kaylin "Imagine the money NOT needed for health care when readers apply the principles in Jane's book. I wish I had written this book!" - Vicky, Registered Dietician with a M.A. in Nutrition "You've cleared up so many doubts and misunderstandings about eating well." - Paul "I read it and knew we had to have an hour interview." At the end of the interview Don, St. Louis Air, said, "Guys, you're going to love this book!" Steve Krieger, aeronautics engineer called after the interview exclaiming, "Magnificent!" "I follow what Jane prescribes because it's logical, pragmatic, and makes perfect sense." - Bill "Jane, I think your book can help my athletes." - Dr. Tim Taft, UNC "This book has Hara." - Tom Thompson, Awakened Heart Center

i can make you thin paul mckenna book: *Free Your Mind* Tim Hodgson, 2008-07-14 Just think what you could achieve if you could retrain your brain to achieve everything you wanted.... Imagine what it would be like if we could play at the highest level of our mind's capability? What could we achieve together? What would be possible? This easy to follow guide is designed to help you to explore the power of self hypnosis and unleash the power of your unconscious mind. Over 176 pages, this incredible book will cover: - How hypnosis works - How to create trance states for yourself - Techniques to make it even easier - How to use hypnosis to create incredible results - Using self hypnosis for rapid meditation - Connecting to a higher purpose - The secrets to creating deeper trance states - How to use hypnosis to creatively solve problems - How to put your mind on autopilot to achieve your goals Includes free access to self-hypnosis online audios

i can make you thin paul mckenna book: *Journey to Internal Kingdoms* Dina Eisen, 2014-05-14 A Journey to Internal Kingdoms takes the readers on a wonderful inner journey, back to our true core and positive being. The book offers an easy, simple and practical guide to create the connections in our mind, enabling us to regain the joy of life. The book provides guidance to explore our inner world, where we can live our life to its fullest, with serenity and acceptance. No need for a passport in this journey, no need to wake up at dawn to catch a plane for an early morning flight. You are invited for a ride to a happy place within yourself, a place of laughter and love of life. Connecting body and mind, the book shows an optimal integration of right and left brain with clear explanations based on sound scientific findings. An entertaining and experiential book. A manual for well-being, providing tools for immunization to depression, coping with addictions and adding laughter to life. Dina Eisen, M.D, is a family physician, devoting herself now to promoting what she calls optimistic health. She conducts enlightening lectures and workshops on positive thinking, wellness and good health; utilizing humor and laughter. Thousands of people have already benefited from her trainings, adding a new and positive perspective to their lives.

i can make you thin paul mckenna book: *The Princess Guide to Gratitude* Senée Seale, 2019-11-12 Are you looking for a way to improve your personal development and bring in more positive energy, people and events into your life? This motivational self-help book will give you plenty of ideas and guidance on your self-improvement journey using gratitude at the catalyst. Americans often think about gratitude and being thankful during the month of November. However, gratitude before you see your dreams manifest is the secret to success. Author Senée Seale takes you on her journey of finding and expressing gratitude in every area of her life. She shares scientific research, personal stories, and expert commentary to help you attract more of what you want into your life. Included in this book is a 45-day guided gratitude journal to help jumpstart your daily gratitude journaling practice. It includes prompts to help you get a clear understanding of the practice of gratitude and how to apply it to your daily life.

i can make you thin paul mckenna book: *The Art of Deliberate Success* David Keane, 2013-01-29 An effective framework for professional and personal success Everyone wants to succeed in life, but not everyone knows how. Success isn't just a result of luck and hard work; you also need

to know how to define success for yourself and put yourself in the right frame of mind to achieve it. Based on a powerful ten-part framework, *The Art of Deliberate Success* presents ten chapters that help you identify strengths and weaknesses so you can focus your attention and effort where it matters most. The book includes an online self-assessment tool that helps you pinpoint the areas you need to focus on, followed by chapters dedicated to helping you focus on what matters, using language more effectively, mastering your behaviour, getting things done, and ultimately reach your goals. Based on the author's 24 years of professional experience and research *Presents a flexible and effective system that allows you to achieve goals that are professional or personal in nature Features a special online self-assessment tool for identifying strengths and weaknesses and personalising your self-development Informal, easy-to-read, and highly effective, The Art of Deliberate Success is the ideal guide for professionals who want to reach new heights and stay there.*

i can make you thin paul mckenna book: Freedom from Emotional Eating Paul McKenna, Ph.D., 2015-12-29 Do you wish you finally had control over food? Do you wish you ate less? Do you eat to control your feelings? Do you ever feel frustrated and hopeless about your weight? Do you wish that you felt differently about food, about yourself, and about life? Then let Dr. Paul McKenna help you! Emotional eating is the number-one cause of obesity in the Western world, but Paul McKenna has made an amazing breakthrough in his mission to help people lose weight. This amazing new system is aimed at getting beneath the issue of weight loss to eradicate the root cause of overeating. The program in this book, featuring video and audio sessions with Dr. McKenna, is designed to bring about dynamic, lasting change—a gentle breakthrough to help you transform your body, your relationship to food, and your entire life. Let Paul McKenna help you to have success and a sense of security and joy that is beyond what you can imagine. Paul McKenna wants to help you escape from the unsatisfying cycle of frustration and self-medication with food. He is determined to help you find your inner strength so you can start to lose weight and gain confidence, freedom, and emotional wisdom.

i can make you thin paul mckenna book: My Dream Book Lisa S. Boyd, 2010-03-16 Are you living the life of your dreams? If you knew the road to success would begin the moment you documented your dreams, would you take that first step toward the journey? Like the key to a treasure chest, The door to your life aspirations can be unlocked using the keys offered by author Lisa Boyd in *My Dream Book*, which is filled with guided activities, journal pages, vision pages, and much more—pages designed to lead and empower you to discover your passion for living, enabling you to live the life of your dreams. In your hands you hold a powerful tool for bringing your lifelong dreams to life. Dare to imagine the impossible. This is a dream book after all!

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