

# Chapter 1

## THE SKINNY ON GETTING THIN AND STAYING THIN

*“If you want to see what your body will look like tomorrow,  
look at your thoughts today.”*

– Navajo proverb



Have you ever dared to ask, “How can I eat the food I love AND weigh what I want to weigh?” Perhaps that question has never occurred to you because you believe it has to be one way or the other – eat what you want to eat OR look the way you want to look. Well, here’s the good news: You can have both!

*Think & Grow Thin with the Law of Attraction:*

- explains how you can have the body of your dreams without deprivation diets or strenuous exercise
- enables you to take back your power to create the body – indeed the life – you desire by consciously choosing your thoughts
- frees you to thoroughly enjoy the pleasures of food again
- explains how you can literally think your ideal body into being with the infinite power of your mind
- explains why you have the body you have and how to get the body you want

*Think & Grow Thin* is not about dieting and pumping iron. It’s based on the Law of Attraction (LOA), which states that you attract into your life whatever you focus on. It’s based on the idea that **your thoughts make you fat or thin – not your food**. Foods are not “fattening” per se. If they were, everyone who eats them would gain weight and we know that’s not true. We all know people who can eat anything and everything without gaining an ounce. They have an expectation, an

underlying belief that they can eat whatever they like and maintain their desired shape, so they can. And so can you!

**What if everything you've been told about weight loss is just plain wrong?** What if you don't have to live on sprouts and work out relentlessly? What if "no pain no gain" isn't true? What if you can forget about dieting, exercise only when and if you want to, and eat the foods you love? What if YOU know better what works for your body than the doctors, fitness gurus and personal trainers? What if . . . OK, take a deep breath now, what if...ready? What if it's all about FEELING GOOD? What if? What if you can drop "should" and "have to" and "can't have" and "supposed to" in exchange for "want to" and "get to"?

Your thoughts and beliefs determine whether food contributes to weight gain or to weight loss. Your body conforms to the expectations, attitudes, and beliefs of your mind. By applying the Law of Attraction, you can sculpt your ideal body with your thoughts.

Are you ready to let go of everything you've been taught about how to lose weight and truly take charge of your own physical condition? You can start RIGHT NOW to think thoughts that will result in the realization of your ideal body. You can start right now to Think & Grow Thin.

**Your thoughts created the body you now have.  
Your thoughts can create the body you would like to have.**