

The Thin Formula

Ground Rules

- Permanent Results
- You Are An Amazing Hypnotist
- The Word “Thin”
- Solution Oriented

How To Think Like A Thin Person

5 Mantras to Think Like A Thin Person

- What Would the Thin Me Do?
- There is No Failure, Only Feedback
- Nothing Tastes As Good As Thin Feels
- How Can I Easily and Automatically Create My Dream Body?
- My State Controls My Weight

What Would The Thin Me Do?

- Quickest way to elevate your thinking
- We all have different parts of our personality
- Who is the “Thin You”?
- Naturally makes us act different

There is No Failure, Only Feedback

- It's not the crime, it's the cover-up
- All learning is failure and course correction
- “Knowing what I know now...”
- Attitude of experimentation (fruit example)

Nothing Tastes As Good As Thin and Healthy Feels

- Nothing improves the quality of your life more
- Take control of pain and pleasure
- You need to do your own advertising
- What would you take from the genie?

How Can I Easily And Automatically Create My Dream Body?

- The better the question the better the answer
- Don't assume it has to be hard
- An ounce of prevention
- Be patient with the answers

My State Controls My Weight

- State —> Behaviors —> Body
- If you didn't eat emotionally
- What do you want to feel?
- Emotional nourishment