

The Thin Formula

How To Eat Like A Thin Person

5 Mantras to Eat Like A Thin Person

- Food Is Fuel
- How Will I Feel When I'm Done Eating?
- How Can I Eat (favorite food) and Be Thin?
- What Foods Taste Good, Make Me Thin, And Are Easy To Make?
- There is Plenty Of Food

Food is Fuel

- It's not about what you have to stop eating
- The fight for your mind
- Your body is craving nourishment
- How many steps from nature is this food?
- What foods make you feel most alive?

How Will I Feel When I'm Done Eating?

- Extend your movies
- What we can learn from drug addicts
- Fight fire with fire
- How will it affect my energy?

How Can I Eat My Favorite Foods and Be Thin?

- Antidote to “all or nothing” thinking
- Naturally boosts motivation
- Keep the food, get rid of the excess
- Eat like a gourmet

What Foods Taste Good, Make Me Thin, And Are Easy To Make?

- Don't assume it has to be horrible
- Create your own plan around who you are
- Recognize the learning phase
- Your tastes are relative and will change

There Is Plenty Of Food

- What you eat (or don't) has no effect on starving people
- Fighting our evolution
- The opportunities never end
- What other things could you focus on?
- If you overeat, do this