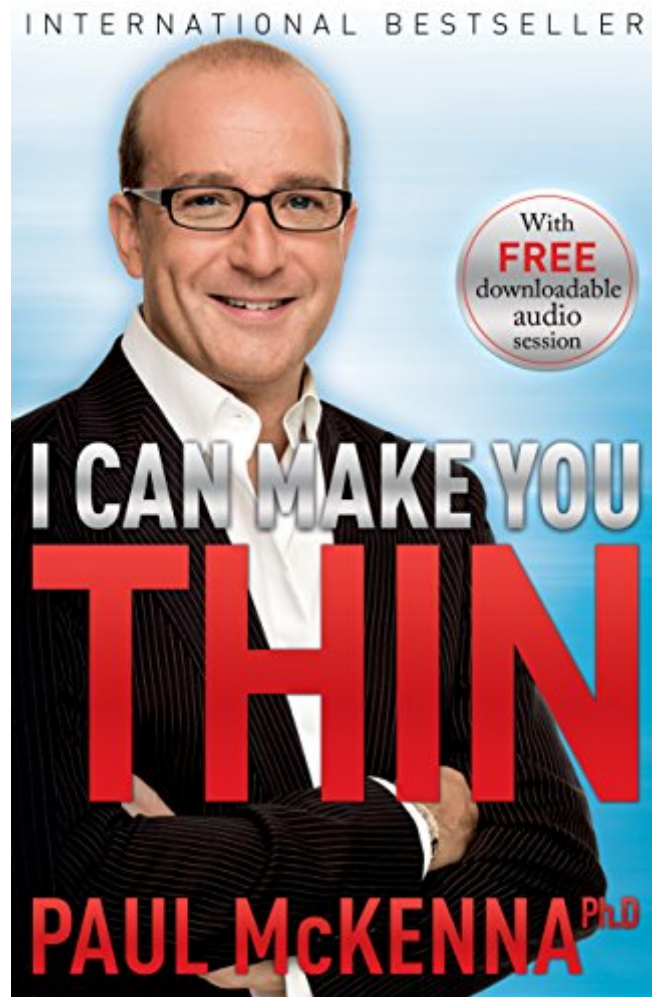


The book was found

I Can Make You Thin



Synopsis

Would you like to eat less without feeling like youâ€™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 youâ€™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 itâ€™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 mindâ€”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. McKennaâ€™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. Itâ€™s a system so simple that most people canâ€™t believe it will work for them. The best part is, you donâ€™t have to believeâ€”you just have to follow the instructions and watch your life start to change for the better.

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Customer Reviews

For almost 3 years now I have been handing this book and 'mind-reprogramming' CD to every patient who comes to me to lose weight, or who is caught up in the mentality of diets, scales, cravings, or overeating. I am *delighted* that this version of "I Can Make You Thin" is finally available on .com rather than having to hunt it from the UK site. The long wait is over! At the risk of making this book seem too simple, here are Paul McKenna's 4 golden rules...1. When you are hungry, eat.2. Eat what you want (not what you think you "should").3. Eat consciously and enjoy every mouthful.4. When you are full stop. I've seen other "I Can Make You Thin" reviews that dismiss the 4 rules as just obvious common sense. I'm not sure what common sense they can really mean since the rules make a mockery of the majority of get thin / lose weight approaches around. Rule 2 in particular certainly disagrees with the 'common sense' that I was taught as a medical doctor. Even if the rules are common sense, McKenna needs to be given great credit for showing people HOW to live these habits. Hopefully you are buying this for the results, not just to have a fun read and a relaxing, new-wavy listen. Yes, the coverpages are a bit hypey, but the inside is less so. The book is refreshingly thin :, jargon-free, and entertaining. McKenna's style also involves techniques such as tapping (TFT/EFT), hypnosis and NLP . Hypnosis is what first made Paul famous, and I've seen NLP Practitioners review this and say they knew all of these tricks before. In NLP terms Paul is saying that the Golden Rules are the "model" for being "naturally thin".

If you're reading these reviews, what you really want to know is: does it work? YES!!!! Buy it, read it, do it. Listen to the CD religiously. Watch the pounds melt away and enjoy the change in your life. You've been looking and waiting for a magic pill, well the magic is here, just not in the form of a pill. I'm a 60 year old mex-am. raised on the border on a high fat diet, yet I was thin (5.0 ft. & 98 lbs) until I hit 40. A traumatic experience threw me into a depression and I steadily gained (and lost and gained through diets) weight until I hit a high of 144. Last year at this time I had managed to start the year at 134. The weight gain made me even more depressed and I was in a vicious cycle. Then around this time last year I heard a commercial announcing McKenna's upcoming T.V. show. I was desperate for change and thought it sounded too good to be true, so I googled McKenna and wound up on the site in the U.K. and read a ton of reviews just like this one. Sounded good. Then I saw the T.V. show. It made sense. But what really struck me were the PEOPLE doing the testimonials. Not

all had reached their goal weight yet, and yet there was a radiance that they all exuded that made me jealous. These were no teary eyed testimonials as I'm used to seeing with say Richard Simmons or any of the other lose weight infomercials. These were happy people, not hyper, not hysterical, just calm, happy in their skin, with an "all's right in the world" attitude. There was no dichotomy of the fat me and the thin me, or the old me and the new me. It was just that's where I started, here's where I am. For me this has been the real gold in Paul's system and losing weight is just the cherry on the cake.

For almost 2 years now I have been handing this book and 'mind-reprogramming' CD to every patient who comes to me to lose weight, or who is caught up in the mentality of diets, scales, cravings, or overeating. At the risk of making this book seem overly simple, here are Paul McKenna's 4 golden rules...1. When you are hungry, eat.2. Eat what you want (not what you think you "should").3. Eat consciously and enjoy every mouthful.4. When you are full stop. I've seen other "I Can Make You Thin" reviews that dismiss the 4 rules as just obvious common sense. I'm not sure what common sense they can really mean since the rules make a mockery of the majority of get thin / lose weight approaches around. Rule 2 in particular certainly disagrees with the 'common sense' that I was taught as a medical doctor. Even if the rules are common sense, McKenna needs to be given great credit for showing people HOW to live these habits. Hopefully you are buying this for the results, not just to have a fun read and a relaxing, new-wavy listen. Yes, the title and the back cover is a bit hypey, but the inside is less so. The book is refreshingly thin :), jargon-free, and entertaining. McKenna's style also involves techniques such as tapping (TFT/EFT), hypnosis and NLP. Hypnosis is what first made Paul famous, and I've seen NLP Practitioners review this and say they knew all of these tricks before. In NLP terms Paul is saying that the Golden Rules are the "model" for being "naturally thin". Just knowing all the techniques won't help if you have the wrong model as I suspect most NLPers do. More importantly, you don't need any of these techniques to apply the 4 golden rules and lose weight.

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