

Naturally

Thin **SECRETS**



written by

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Introduction

I struggled with an extra 32 pounds for eight years—until I decided to study naturally thin people. What I found amazed me; to my surprise it had nothing to do with genetics, dumb luck, or starvation. This book is all about what I discovered...

Marna Goldstein

A handwritten signature in black ink, appearing to read 'Marna', with a large, stylized initial 'M'.

Coach, Author, and Speaker

Living A Twelfth Thin From Within Year

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Foreword

If you wanted to get rich would you study poor people? Of course not, that would be crazy right? That's exactly why I've spent the last 14 years studying thin people...so I could be thin. In studying the behaviors, the thoughts, and the lives of the naturally thin, I have been able to release over 30 pounds and keep it off for the last 12 years.

What you are going to learn will be mind blowing. This is not just a workbook, or a simple a how-to-book—this is the straight-up truth about how those who live their lives naturally thin do their living. After interviewing more than 100 naturally thin people, I am going to give you my “brain dump” in this book. You will be able to absorb everything I learned in my extensive interviews and everything I observed while studying naturally thin people.

You will get a behind-the-scenes peek into the lives of The Thin. Your questions about how they stay thin—Do they exercise compulsively? Do they eat certain foods? Do they control portion size? Do they eat fast food? Do they stay away from fat? Do they all have high metabolisms? Is their willpower off the charts?—will all be answered.

By the time I was 12 I had started gaining weight. I stayed around 102 pounds over the next several years, then gaining more and more, all the way up to over 165 pounds and a size 14. Today my weight is consistently between 134 and 139 pounds, and I haven't dieted in over 12 years. I see people go from diet to diet in hopes of dropping those pounds, only to find themselves depressed, frustrated, and angered by the added weight that often returns after deprivation.

If you eat, live, and think like a thin person, you will be thin, just as if you thought and acted like the wealthy, you would be wealthy. If I took my head and placed it

on a woman weighing 280 pounds, it would just be a matter of time before her weight came close to mine. Once I began to apply these new behaviors to her body, there's absolutely no way she could stay in a 280-pound body.

If you are not leading a happy and loving life toward your body then I invite you to consider some possibilities—possibilities that may not fit into your current ideas about the right way to eat, live, or think about food. I'm going to ask you to do something very difficult for you: I'm going to ask you to trust these naturally thin ways of living life. Hundreds and hundreds of men and women have already changed their lives as a result of the principles in this book.

T. Harvey Eker, author of *The Secrets of the Millionaire Mind* states, "If you want to move to a higher level of life, you have to be willing to let go of some of your old ways of thinking and being and adopt new ones. The results will eventually speak for themselves." I challenge you to let go of that old diet head of yours; let go of the protein craze and the carbohydrate craze; let go of what you think you know about how to be thin. Let the words of the naturally thin guide you to a whole new way of living.

I hope you enjoy this book. I hope you enjoy taking a sneak peek into the lives and behaviors of the naturally thin. Of course I have changed names to protect their privacy. Read this book with an open mind, a highlighter in hand, and a willingness to let these behaviors become your own.

Wishing You Years of Living Thin from Within,

A handwritten signature in black ink that reads "Hana". The signature is fluid and cursive, with a large, stylized initial 'H'.



Acknowledgements

Thank you to the scores of people who made themselves available for my endless questioning. Thank you for modeling the naturally thin life. You are an inspiration to me and to the millions of lives that struggles with weight issues every single day. If not for your innate knowledge and insight, I wouldn't be touching the thousands of lives that I do on a daily basis, and would not be the happy, healthy weight I am today. To you I am eternally grateful!



Dedication

This book,
my first of many,
is dedicated to
the incredible, naturally thin men and women
who have opened up their hearts, minds, and lives
to my poking and prodding ways and my work to
uncover their secret to living strong, beautiful, and trim lives.

Thank you all
for inspiring me to 'think thin' and dream big.
Without you I would never have been able to
reach the number of people I now know
or
touch the lives I now hold dear.

I am eternally grateful.



CHAPTER 1 Bad First Date

"So what do you do?" asked my date, whom I had known for only a few short hours. A few years back, I was a dating queen, so this was just one of many guys on one of many dates on one of many nights—a few years ago.

After enjoying wine and steak at a nice restaurant, with open and honest conversation, we left and headed to a bookstore where we sat drinking tea.

"The greater the difficulty the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests."

Epictetus

"I own a business, Thin from Within, thinwithin.com," I said confidently (and not without pride). "I teach people to think thin-from-within."

I continued, "If people would stop dieting and watch those who have never struggled with their weight, we wouldn't have the epidemic of obesity we see in Western culture, especially in America."

He looked at me cross-eyed and said, "Well, I think all people have to do is eat less and exercise more. I find that if I eat mainly protein, I seem to do better." With his body tensing as he spoke in an almost arrogant, holier-than-thou voice, he said, "And I never eat two hours before going to bed."

As a side note, I've had these conversations often, as people are very comfortable telling me their thoughts on weight loss, dieting, and their current diet-of-the-minute approach. I hear these stories all the time. What was unique about this situation was that I had never been on a date (no less a first date) when I could feel anger welling up inside while getting extremely irritated on the outside. So I was completely unprepared when the next thing he said was, "I think you're just wrong."

No. Not those words. Not the words that immediately raise my defenses and challenge years of research focused on the behaviors of naturally thin people. Not the words that invalidate the hundreds of people I've worked with who experienced vast improvements in their body and weight when they learned to live Thin from Within. How could he challenge all the evidence by even going so far as to say I was wrong?

"You have no idea what you're talking about." I retorted. "You're just like the rest of the unnaturally thin people who live their lives dieting, watching their weight, and coming up with silly little rules created by someone else to keep their weight down. I guarantee there are people who are naturally thin, who sometimes eat before they go to bed, and who eat whatever they want—including a variety of carbohydrates, proteins, and fats."

He looked at me, rolled his eyes, and we both sat up tall in our seats, shoulders squared, struggling to be polite (we were, after all, on our first date). The silence was deafening. In that moment, a woman sitting behind me leaned over and interjected, "Excuse me, I don't mean

to interrupt—I couldn't help but overhear what the two of you were talking about." *Oh no*, I thought.

"She's right!" the friendly listener said. "I eat when I'm hungry, which means sometimes eat dinner right before I go to bed, and other times I don't eat dinner at all. I listen to my body and I've never been on a diet a day in my life."

This, of course, was music to my ears. Trumpets were blaring in the background as an enormous smile connected my two ears. I knew I shouldn't say, "I told you so" (though I wanted to), so instead I smiled and said, "Thank you so much for sharing your experience of living thin."

Can you guess how the date ended?



Chapter 2 The First Question

This was not the first time I had been confronted with people eager to share their opinions of my research and philosophy. Absolutely not—Thin from Within is revolutionary! It's unique! And it goes against everything we've learned about losing weight. I've had so many conversations about the secrets of the naturally thin. You will have these discussions too, as you drop weight and feel sad for the people who go on diet after diet after diet while you stay Thin from Within, confident in your body, eating the foods you love—without any deprivation once so ever.



Chapter 3 What is 'Naturally Thin' Anyway?

In this book, you are going to read the phrase 'Naturally Thin' many times. Let's go ahead and give it meaning so you have a precise understanding and can apply it appropriately as you read.

Naturally (*adv.*) Thin (*adj.*) people (*pl. n.*) are people who maintain a thin state over the course of their lives without the use of diets, weighing and measuring food, obsessing over working out 14 hours a day, etc. These are the people you and I want to emulate: the normal and fun people who stay thin throughout their lives. The naturally thin people I interviewed did not necessarily have an unusually high metabolism, and there's no way I would be able to pattern my life around food on someone who did burn food faster than they could eat it.

An 'unnaturally (*adv.*) Thin (*adj.*)' person (*sing. n.*) is one who diets, measures or weighs every bite they eat, works out like crazy, and/or is obsessed with staying thin. I didn't want to emulate those people, so I stayed far away from them.

"It's your aptitude,
not just your
attitude that
determines your
ultimate
altitude."

Zig Ziglar

What you'll discover as you dive into this exciting way of thinking is that there are enormous differences in how those two groups of people speak and act. I don't know about you but I'd much rather be naturally thin than unnaturally thin. I'd much rather know that my body is going to

stay thin and that my actions will follow my thinking than watch every tiny piece of food that enters my lips.

I'm sure you've tried weighing and measuring food, dieting, eating only carrots and celery, etc., and those strategies didn't work, which is why you are here—to learn all the secrets of naturally thin people. Are you ready to jump into their minds and behaviors and begin emulating them as I did to maintain a naturally thin body, A body you can be proud of? Are you ready to build a body that is thin no matter where you're traveling, what vacation you're on, what event you're attending, or how many restaurants you visit? Heck, yeah! This is going to be fun!

You'll be able to live a life free of dieting, free of restrictions, and free of heaviness, all by first studying, then mimicking new behaviors—the secrets of the naturally thin.

The Secrets



SECRET #1 Naturally Thin People Don't Diet

That's right, thin people don't diet! They wouldn't think of it. For what possible reason would they? They are already thin. And a naturally thin person has most likely never been on a diet. Can you imagine? Since these thin thinkers stay thin through the course of their entire lives it wouldn't make sense for them to go on a diet.

Go ahead—scan the bookshelves of naturally thin people's homes—you won't find a single book on dieting. You'll see cookbooks and exercise books, but no diet books. Cookbooks and exercise books live on their shelves because they want to learn more about cooking or new strategies to work out, NOT to lose weight.

Here's one potentially confusing point I learned when speaking to naturally thin people: they have NO CLUE about how to lose weight. None! They've never had to lose weight, so they've never bought into the media or advertising campaigns that tell you should be dieting. While asking naturally thin people how to lose weight, I heard dozens of unique answers. These wonderful people are typically not even aware of how they stay thin, so I had to do a lot of poking and prodding to get to the truth. Since

"Finish each day and be done with it. You have done what you could.

Some blunders and absurdities no doubt crept in; forget them as soon as you can.

Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

they've never struggled with large weight gains (except pregnancy for women), they are not clued in to what they do differently than anyone else. It would be like asking a fish how he swims, or a bird how he flies—he just does it! You may not know exactly how you excel at something you do well, yet with some prodding you would be able to dig in and clarify your thoughts and actions that do make you a success.

Here's another really interesting fact about most naturally thin people: since they've never struggled with weight, they too often think the way overweight individuals can lose weight is to go on diets, take pills, or of course, the fingernails-on-the-chalkboard-comment to anyone who's struggled with weight: "Just eat less, and exercise more." Even they don't have the first clue because they've never had to search for an answer. They don't realize **THEY ARE THE ANSWER**. Even these naturally thin people—the very people we only have to study to see the solution—have bought into our society's opinions about dieting.

Their thinking on how others could lose weight is wrong, but their own actions are right on target! If you mimic what they do, your body will be transformed. It will have to. Just be sure you're not listening to theirs (or anyone else's) view on the topic of losing weight—the naturally thin people have no clue (and you will get very angry and confused by their lack of understanding), and your fellow travelers on the journey to lose weight have fallen into the same traps from which you're trying to break free. Let's look at some more actions of the naturally thin!

LIVE THIN!

Start to notice all the naturally thin people around you. Pay attention to how they eat, how they speak, and what they believe. Notice their actions and start asking questions. The more you ask, the more you will see that living thin is the best way to live!



SECRET #2

A Naturally Thin Person Speaks Lovingly About His Body

Most naturally thin people use an entirely different vocabulary than the rest of us when talking about their body. Here's the interesting thing I saw over and over in my interviews: they don't all LOVE their bodies the way we think they do. They don't look in the mirror with great satisfaction and peace every time. They, too, have a whole range of reactions to and thoughts about their bodies. Some are comfortable; some don't think much about their shape or size, and others are downright unhappy.

Men seem to outnumber the women in the category of those who don't think much about their bodies. They are what they are. The ultra-thin man typically isn't as comfortable in his body as the ultra-thin female. Men and women who have trouble gaining muscle tone really do wish they had more shape. They like being thin, but would "be happier with more definition." Of course these thin individuals fall victim to the thousands of images by which we are accosted daily—big, buff men and skinny, tall women.

"The truth of the matter is that there's nothing you can't accomplish if:

- (1) You clearly decide what it is that you're absolutely committed to achieving,
- (2) You're willing to take massive action,
- (3) You notice what's working or not, and
- (4) You continue to change your approach until you achieve what you want, using whatever life gives you along the way."

Anthony Robbins

While the ultra thin, naturally thin women I spoke to were for the most part comfortable in their bodies, they were unanimous in their desire for more curves, and admired slightly larger breasts,

bottoms, and hips. The point is, when we're out and about, I'm staring and admiring your body, and you're probably admiring mine. We're just admiring everyone's body except our own—do you see the problem here? A small handful of the more than one-hundred naturally thin people I interviewed said their bodies were "okay." Yet, every single naturally thin person interviewed was able to point out areas where they are larger or bumpier, but they are definitely thin. Overall, there is a stronger level of confidence in the body of a naturally thin person than the hundreds and hundreds of clients I've worked with. The vocabulary they use sounds like this:

"I'm as beautiful on the inside as I am on the outside."

"I deserve to be thin."

"I am proud of my body."

"Staying thin is easy and effortless."

"My body is extraordinary."

"I am thin."

"I'm just skinny, I always have been."

"I love going out, wearing new and fun clothes."

Aren't these incredible words? Wouldn't you feel excited to be you if you heard yourself saying these things? I feel alive when I hear them come from my own mouth! An even greater love for yourself will begin to develop the second you accept these very truths.

LIVE THIN!

Take out a piece of paper and draw a line vertically down the center of the page. On the left-hand side write down all the negative ways you speak about your body.

Now, opposite to the negative message, on the right-hand side, I want you to write a positive and powerful statement. Begin to read, speak and write your new powerful statements, so you too can begin to speak with strength and hope!



SECRET #3

Naturally Thin People Say "No" A Lot!

How often do you turn away food? Can you say, "No thank you" without twitching when offered a scrumptious looking hors d'oeuvre? Naturally thin people know how to say no to food. They don't eat just because someone wants them to; they go to the same events, are engaged in the same social situations, eat at the same restaurants, and yet stay slim, all because they are willing to say some of these things when their body is not in need of food:

"No, thank you."

"I'm not hungry." (And they mean it!)

"I can't eat that entire serving...do you want to share an order?"

"Please wrap that half up so I can eat it later." (in a restaurant, of course. Maybe you can get away with that with the chef in your home, but I don't think my fiancé would marry me if I asked him to "wrap it up!")."

"I only eat when I'm hungry, and I'm just not there."

"I'd rather not, thank you."

"The food was delicious, I can't eat another bite."

"I'm finished. I'm going to throw the rest away."

"Strength does not come from physical capacity. It comes from an indomitable will."

Mahatma Gandhi

Aren't they great at saying "no" in polite, firm ways? These naturally thin people listen to their bodies and are willing to say no to food when their body is not calling for it. They don't feel deprived, or sad; they don't

feel a sense of loss. In fact, they feel great about listening to their bodies and say, “No, thank you” with pride. The truth of the matter is they know they are going to be able to eat again. It’s simply “no” right now, not forever. There’s no sense of deprivation, or an irrational fear that they will never see that same dish again. They’re relaxed about eating, relaxed about the food they consume, and darn good at saying no to food. Just listen to them!

LIVE THIN!

Say “no” to food when your body clearly is not in need of nourishment. Each time you say no, I want you to feel powerful and celebrate the power you have to say it. You are powerful, and saying no to food is a critical characteristic if you want to live thin for the rest of your life.



SECRET #4

Naturally Thin People Know How to Handle Food Pushers

Every single naturally thin person I interviewed had a strong response when asked about people who insist they should eat. They are very skilled at saying “no” to food when people push it on them—they know exactly what to say. Abella said, “I usually eat a little bit of food while I’m at the table. I love chips and salsa, so if I seem that I’ll have some. Otherwise I’m moving around the party with a glass of wine in my hand and don’t eat much.

Rafael stated, “I just tell them if I’m not hungry, I’m not hungry. But politely!” and Gabriella shared, “It’s an annoying problem, but easier at big gatherings. Family is the hardest—you just have to be firm, even if it means having a long heart to heart with that family member (Eating less of your food does not mean I care for you any less.)” These thin talkers really don’t want to be pressed to eat when they’re not hungry. They

don’t like the way it feels to be full, so when they’re satisfied, they’re satisfied. They are capable protectors of their bodies. They feel a strong commitment to being kind and loving to their bodies. They take a stand for their bodies, and nobody and nothing is going to force food on them when they are no longer in need of food!

"I know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen."

Frank Lloyd Wright

LIVE THIN!

Come up with four unique statements you could say when offered food your body is not asking for. Memorize them. Next time that “loving” friend or relative starts pushing food on you you’ll know precisely what to say.



SECRET #5

Naturally Thin People Eat the Foods Their Bodies Love

Are you ready to learn the most exciting behavior in which naturally thin people engage? Here it is: they eat all the foods their bodies love! No deprivation, no restrictions, no painful diets, no sacrifice at all. Naturally thin people eat the foods their bodies love! Yep, you heard me correctly. No dieting any more. No food restrictions. No going to the grocery and just walking that perimeter that so many diets recommend. You get to eat cake, cookies, candy, pies, chocolate...anything, really.

There is one thing to note. When I say everything your BODY loves, I want you to pay attention to what your BODY loves—not what your mind loves. Maybe your mind thinks mashed potatoes are the most delicious food imaginable. Yet every time you have mashed potatoes your stomach screams in pain. I would seriously consider removing mashed potatoes from your diet, or purchasing some digestive aids, or seeking medical input to see if there is an allergy—perhaps there is a different way to consume mashed potatoes without feeling pain.

An essential part of living Thin from Within is being sure your mind and body are in alignment. Naturally thin people don't put food into their bodies that cause discomfort. The reason their body is hurting is that it isn't able to digest the mashed potatoes (or other food) properly; perhaps there is an allergy. There could be a whole myriad of things going on, so part of being thin is listening to your body's internal wisdom. It's a brilliant machine that deserves your attention.

Naturally thin diabetics won't gorge themselves on sugar because it negatively affects their equilibrium and the consequences outweigh the benefits. They don't feel well when they are in that state, so they find alternatives to eating sugar. In

speaking to naturally thin people, I found that most are quite responsible for and aware of their own personal biochemistry. Eating the foods their bodies want allows these naturally thin people to be free of deprivation, and free of overwhelming psychological thoughts around food. Eating all the foods desired by their body is a powerful action. They can eat anywhere, any time, and eat most anything. It's a wonderful way of eating, and it's not reserved for just the naturally thin among us. The reality, when you adopt this way of eating and living is that you too will be thin.

"I don't dream at night, I
dream all day; I dream for a
living."
Steven
Spielberg

I found that some naturally thin people only eat veggies and fruit, some are strict vegetarians, and some eat meat and potatoes daily. There are no similarities in this area except that they eat the foods their own bodies love. Some individuals enjoyed trying new restaurants on a daily basis; they love the cuisine of a variety of ethnicities. Others don't love anything spicy, preferring to choose a simple meat, vegetable, starch American diet. Start eating everything your body loves, and enjoy!

LIVE THIN!

This is a fun one...eat foods you L O V E when you eat; eat a variety of delicious foods. Practice eating a smorgasbord of tantalizing treats as long as your body is hungry.



A Side Note: My Journey Toward Living Thin From Within

I remember the feeling of new-found freedom I had when I began eating all the foods my body wanted. No more restrictions? No more diets? *Hallelujah!* I thought, *Life is grand.* I remember being so excited to sit down and enjoy all sorts of foods I had been avoiding. It was like each taste bud was a huge mountain in my mouth screaming, "Thank you!" because it had been numb to the exciting flavors for so long. I don't even think I had tasted my food all those years. When I started eating and really paying attention to whether or not I even liked the foods I had been consuming, I was surprised. Foods I thought were favorites suddenly fell off my list. Foods I thought I didn't like I discovered I enjoyed in a whole new way.

Let's get back on track...this is not about me; this about those skinny people who don't diet....let's continue!



SECRET #6

A Naturally Thin Person Is Aware of the Effect Food Has On Their Body

"Destiny is not a matter of
chance,
it is a matter of choice; it is not
a
thing to be waited for, it is a
thing to be achieved."

William Jennings Bryan

The brilliance of naturally thin people is that they are extremely aware of the effect food is having on their bodies. They notice whether they are enjoying their food or not. If they are not enjoying it, they have no problem leaving the remainder of the serving behind. These wonderful people are

extraordinary in that they won't put food into their bodies they don't like. Why? Because they recognize the abundance of options they have when choosing what they will eat.

Each one of us has a physiological signal given to us for the sake of our survival. This system is in place so that we know exactly when we should consume food and exactly when we should not. This incredible system is our own natural clock—telling us exactly when to eat. This signal is called hunger. Let me give you an example. Babies are the most natural eaters I know—they scream when the feeling of hunger gets strong enough because there is actual PAIN involved. They only want to eat when their precious bodies need food; otherwise they are quite content sleeping, playing, or enjoying their world. Naturally.

LIVE THIN!

During your meal, slow down and check in. Place your hands on your stomach to focus your mind to your body. Create the intentional state of staying aware through your meal.



SECRET #7

Thin People Don't Even Understand the One Question Every Overweight Person Can Answer

When I ask naturally thin people, “why do you eat?” they are often confused. They look at me as if I must have lost my mind to be asking such a question. What confuses them is the concept that anyone would eat for any reason other than physiological hunger. It makes little sense to them why you would eat in response to a feeling: sadness, frustration, boredom, fear, or procrastination. When I learned this about naturally thin people, I was totally dumbfounded. You mean there is really only one reason to eat? I was eating for hundreds of reasons other than hunger. I was eating for sadness, for happiness, for boredom, for procrastination, for all the people in the world who are starving, and mostly because I was a dedicated member of the Clean Plate Club.

“Wow! That’s amazing!” I thought when I realized this some twelve years ago. I couldn’t imagine what it would be like to NOT combine emotions with my food consumption. This is the single most important question to ask when identifying whether someone is a naturally thin eater or not. Naturally thin individuals eat ONLY for hunger and give you a funny look when you ask them why they eat, while unnaturally thin people will give you a whole slew of familiar reasons.

LIVE THIN!

The ONLY reason you should eat, is because you are physiologically hungry. Eat like the thin: because you're hungry.



SECRET #8

Naturally Thin People Deal with Their Emotions in a Variety of Ways

"Achievement is largely the product of steadily raising one's levels of aspiration and expectation."

Jack Niklaus

While naturally thin people deal with their emotions in many different ways, some of those ways are healthier than others. I don't want you to simply replace one negative habit with another; so I'm going to focus on the healthier ways most thin individuals deal

with their emotions. What I found in those naturally thin people is that they deal with their emotions in a variety of ways, not unlike overweight people. The difference is that 90% of naturally thin people have no understanding of how a hot dog could solve the problem of feeling bored, or how a cheeseburger could put an end to their sadness. Why would food be a solution to non-food problems? They find it entirely illogical to connect food with emotions.

Many of the women I interviewed said they cry to deal with their stress and frustration. Elaine put it simply, "I just cry a lot." Suzanne commented that when she gets upset she usually breaks down and lets tears come rolling out. And Nancy, in her 50's, stated, "If I do eat for comfort, I try not to beat up on myself afterward. Learning to express my feelings in other ways has minimized emotional eating for me." For men it seems the common solution for stress is focusing their attention on a hobby or project—something to let outside world frustrations fade away. The other 10% of us have used food to deal with problems in the present

and the past, and like the fifty year-old woman stated, have found other ways to deal with their emotions. The feeling of gaining weight and being heavy is so negative in that those 10% are easily directed to other ways of dealing with the emotions they encounter in their lives.

LIVE THIN!

There are literally thousands of emotional reasons you may eat. In my 30-Day Blaster Challenge, I challenge you to look at almost 30 of those reasons.

Next time you want to eat for emotional reasons set a timer for 30 minutes instead. Sit down for those 30 minutes to process, write, and come up with a positive and powerful way to deal with your feelings.

OR

Create a state change. Do something to immediately change your state. Call a friend. Dance around your home. Take a nap. Take a bubble bath. Go to the gym and work off stress. These are just a few of hundreds of examples I'm sure you can come up with.



SECRET #9

Naturally Thin People Know Exactly When to Eat

Naturally thin people have a “knack” for knowing exactly when to eat. Are you sitting down for this?

"Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit."

Conrad Hilton

Naturally thin people eat only when they are hungry.

That's really it. There would be absolutely no other reason for them to eat. These individuals don't eat just because it's "time." Hunger knows no

time, so it doesn't make sense to eat by any clock except their own internal clock that gives them precise instruction as to when and how much to eat. There is simply just one main reason they eat—they eat when they are hungry.

In trying to pinpoint whether or not these thin thinkers eat twice-a-day or five-times-a-day, what I found hinged precisely on their hunger. Some naturally thin people eat six small meals a day where others eat one or two large meals. The common thread in looking at when these naturally thin men and women consume food is that they all wait until they are hungry to eat. Some naturally thin people eat all the time; they eat when they are slightly hungry and eat just a few bites (10 or less) during each meal. Others eat a few times per day at various times, eating meals are much larger and typically last them many hours.

These thin people don't have rules around when to and not to eat. If it's midnight and they want to eat, there's no second guessing—they eat! They eat! They aren't focused on a scale, so they wouldn't postpone a meal until the morning when they're hungry now. Interestingly, they did say was that if they eat late at night they typically don't get hungry until MUCH later the next day (noon to three).

LIVE THIN!

Eat ONLY when you are hungry. If you eat ONLY when you are hungry, you will see your body become svelte and gorgeous. This is their biggest secret! Take this one on and you are sure to shrink your body in no time.



SECRET #10

Naturally Thin People Understand the Different Levels of Hunger

Now that you know the naturally thin eat only when they are hungry, I'm going to teach you how they begin to eat and how they stop eating. If you adopt this method of eating like a thin person and learn to end a meal like a naturally thin person as demonstrated in the next few chapters, you will transform your body.

I like to think of hunger in five stages. Look at the diagram below to get a sense of the four different levels of hunger:



- Level 4: A Little Hungry
- Level 3: Nice and Hungry
- Level 2: Extremely Hungry
- Level 1: Famished

We have been created with a magnificent physiological hunger alarm that works perfectly. Your job is to go run around enjoying life until your stomach wakes you up to hunger. Then you eat. It's that simple. What naturally thin people do so easily is listen to their own individual hunger sensations. Each person's alarm system is unique. Some like to eat only when they are extremely hungry; these thin people may only have two meals a day. Other thin individuals eat when they are at a level 3—Nice and Hungry, and they probably average three meals a day. Another set of naturally thin people eat when they are just a tiny bit

hungry, and they enjoy 4-8 bites at several times throughout the day. It's entirely up to your own body and your own hunger alarm system.

Using these levels will start your journey toward eating Thin from Within. This incredible thin-thinking way of eating is literally changing thousands of lives. The freedom and joy that you will experience while eating the foods you love and eating only when you are hungry is absolutely incredible.

LIVE THIN!

Practice paying attention to these four different levels of hungry. Start asking yourself, "What level of hunger am I on?" Soon, you'll be masterfully discerning your hunger level automatically.



SECRET #11

Naturally Thin People Don't Panic When They Feel Hunger

Naturally thin people don't "freak out" as soon as they feel hunger. They don't drop everything they're doing and run for the closest meal. Naturally thin people understand that hunger is just like a snooze button on your alarm clock. First it goes off, and you can easily hit snooze. Over time the alarm grows louder and louder until there is no physiological way that you can ignore it any longer. Somewhere between the first alarm and the final blaring ring, thin people eat. They know they have time to get fuel to their body if they are at a level three. Getting food may be on their radar screen in the next hour, but they don't panic. They don't fall to pieces or panic just because their stomach starts growling.

"The will to win,
the desire to succeed,
the urge to reach your
full potential.
These are the keys that
will unlock the door to
personal
excellence."

Eddie Robinson

LIVE THIN!

Practice making hunger your friend. Once you feel hungry just relax and know that you'll find the right foods for your body. Learn to relax and enjoy the feeling of hunger. If you've been someone who has avoided hunger for many years this task is critical to your success. Hunger is a natural and normal physiological process that should be enjoyed. Make it your new best friend.



SECRET #12

Naturally Thin People Know When to Stop Eating

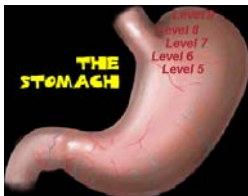
Now that you know when to start eating, aren't you dying to know how naturally thin people end a meal? Learning when to stop eating is probably the most complicated of all the steps you will learn in this book. What I'm about to teach you is going to forever change the way you end a meal. It's going to shake you up and get you thinking in an entirely new way. A way that may be difficult at first to grasp, but over time, you'll master.

Are you ready? Are you paying attention? The WHOLE reason naturally thin people eat, is to get rid of the hunger. What I'm saying is that naturally thin people end a meal feeling NOTHING! NOTHING AT ALL! If you are anything like me, that's a totally foreign concept. When I first learned this, the only thing could think was, "Are you kidding?" At that point, many years ago, I was eating up to the point of feeling F U L L each and every time I ate. I thought that's what everyone did. Doesn't everyone eat until feeling a sensation of heaviness? The answer is "NO!"

How I was eating was totally wrong. Totally! No wonder I was carrying around these extra pounds; no wonder I was struggling the way I was. Every meal was an overeating event. Every meal I was putting more food into my body than my body naturally needed.

When I grasped this I was excited and, to tell the truth, a little disappointed. Perhaps you are feeling the same way. I was excited that

there was a simple reason for my being overweight, and disappointed that if I were to live like a naturally thin person, I would have to end a meal without FEELING all that satisfying heaviness in my belly. Just as hunger has levels, there are five levels of satisfaction:



Level 9: Thanksgiving Day Stuffed
Level 8: Very Uncomfortable
Level 7: Uncomfortable
Level 6: Slightly Overeating
Level 5: Not Hungry—Nothingness

Here's the confusing part. When you ask naturally thin people how much they eat, you will almost hear them say, "I eat until I'm full." That's a true statement to them. Remember, fullness=nothingness. Pam said, "I hate that feeling (referring to fullness) and would rather be a little hungry."

For those of you who struggle with extra weight, it takes quite a bit of focus to regularly eat only to a level 5. The more aware you become of your stomach, the easier it will be to determine your level and when to end a meal. Naturally thin people eat only to a level 5 automatically, and you probably did at one time as well. You just need to be retrained. At first the levels might overlap or be unclear, but with practice, each level will begin to have its own meaning.

David said, "I love food but I don't overeat, because my stomach has its limits and it really, really doesn't like it when I try to push them. Plus, when I'm full I feel very satisfied." This comment was not unlike those I

heard regarding the feeling of satisfaction. Naturally thin people don't like to overeat. They don't like the feeling of fullness; they don't like that it weighs them down, and they don't like how they feel after overeating. As naturally thin people continue to listen to their bodies and eat only to a level 5—nothingness and satisfaction—they will naturally stay thin over their entire lifespan. If this satisfaction connection is broken, eventually weight gain will reoccur. Eating only between hunger and satisfaction is critical to maintaining a naturally thin body for the rest of your life. The sooner you eat like the thin, the sooner you will create a svelte, thin body.

LIVE THIN!

Stop and familiarize yourself with the 5 levels of satisfaction/fullness. Begin to eat up to satisfaction, also known as the nothingness feeling that you feel throughout the day when you are simply not hungry. The sooner you master eating up to a level 5, the better.



SECRET #13

Naturally Thin People Do Sometimes Overeat

Yes! It's true, naturally thin people absolutely do overeat sometimes, but they only do it, on average, 2% of the time they are eating. That means for every 100 meals they only overeat two times. Since the average number of times naturally thin people eat is three per day, or 21 meals per week, the average naturally thin person overeats only twice in a five week period. The average overweight individual overeats at lunch and dinner. So you can see, in just two days, the overweight person has overeaten twice that of the naturally thin person's overeating in five weeks' time. It's no wonder that when you begin eating like a naturally thin person, the weight starts pouring off!

"Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."

Foster C. McClellan

In asking whether these thin-thinking gods and goddesses binge, they also say, "Yes." But they don't Binge. Some of them confuse overeating with bingeing. When I asked one woman this question she told me she binges on chips and salsa. She may eat too many chips and too much salsa before a meal, but the sneaking, the overdoing, the hiding associated with a binge is nowhere in sight. No, from all I learned, these people do not binge.

LIVE THIN!

If you find yourself overeating, the absolute best thing you can do is take less than a minute to figure out the why, and then simply say "NEXT." By saying "NEXT" you can just move on to the next meal and try to eat like a thin person the next go around. Don't get down on yourself, you are becoming naturally thin, and this process takes practice.



SECRET #14

Naturally Thin People Don't Worry About Portion Size

How much food you pile onto your plate or a restaurant decides to serve at your kitchen table is of no consequence. It doesn't matter what the pyramid chart or the can label says is a "portion size." The level of hunger you feel at the beginning of a meal is not always in direct proportion to the amount of food you will need to eat. According to the naturally thin crowd, knowing for certain how much food they might need cannot be determined before they begin to eat. They might feel like they could eat a horse until they actually sit down at the table, take two bites, and realize their hunger has been abated.

Naturally thin people are incredibly connected to their body. These thin-thinking geniuses never feel obligated to leave a plate cleaner than their dishwasher. They are so aware that when they listen to their hunger and eat until they are satisfied it doesn't matter what the plate looks like when they either push it away or reach for the tidbits their friend left on her plate.

Trickery such as using a smaller plate or forcing yourself to leave at least one bite on the plate after every meal is for "fat people," say the naturally thin. They don't eat this way and would definitely NEVER consider eating beyond the point of satisfaction.

LIVE THIN!

Don't worry about portion size. If you are connected to your body it will guide you and tell you precisely what it needs. A meal may simply be three bites, or it may be 20. Listen to your body.



SECRET #15

Naturally Thin People Know That Every Bite Counts

"The best job goes to the person who can get it done without passing the buck or coming back with excuses."

Napoleon Hill

Naturally thin people know that every single bite counts. In essence they are treating each bite as a meal, even if it's just a cookie or a few pieces of candy—they don't snack between meals, they eat until they are satisfied, period. They don't eat food because it looks good. They don't snack because they kids didn't want the rest of their serving. They don't browse the pantry because they're bored or it's 3:30 in the afternoon. There is only one reason they eat, and it is a physiological reason—pain (read "uncomfortable sensation") coming from their stomach, and they have a meal that makes the "pain" go away.

It just doesn't make any sense to naturally thin people to eat for the sake of eating—there's a physiological need to be filled. Would it make any sense to you to sit down and go to the bathroom without having the physiological need to do so? Please forgive the comparison, but the two physiological urges are identical in compelling us to meet a need our body has.

LIVE THIN!

As you master the secrets of the naturally thin you will find that it just doesn't take very much food to satisfy you. Make every bite count. Eat the foods you love first.



SECRET #16

Naturally Thin People Use the Trash, Doggie Bags, and Tupperware

Doggie bags were made for naturally thin people, and naturally thin people created doggie bags. The majority of people I interviewed have absolutely no problem with throwing away food after their hunger has been satisfied...none! One gentleman I interviewed who had stayed thin well into his 60's said he didn't feel the slightest bit guilty about tossing his extras out; he could either throw away the extra food by putting into his satisfied body or throw it away by putting it in his trash can, and he much preferred overfeeding his trash can!

Others said yes, they often throw away food, but when they REALLY love the food they're eating, they either have the restaurant put it in a doggie bag, or if they're eating at home, they put the food away in Tupperware. Ever looked into the refrigerator of someone you admired as naturally thin? I can tell you what you saw: doggie bags and containers of left-over food, many of which were going bad (yet another indicator of how little they care about food).

LIVE THIN!

Make doggie bags, Tupperware, and the trash your buddy. I love getting a "two-for". When you go out for dinner, walk out with a doggie bag. When you do, you have a "two-for" ...two for the price of one. That's just one of the many advantage of being thin!



SECRET #17

Naturally Thin People Eat Anywhere They Want To—When They're Hungry

Naturally thin people truly their FOOD and the EXPERIENCE of going to a restaurant. They like to eat in relaxed settings and be almost entirely focused on the act of eating, and yet they have busy lives just like you and me—they aren't always able to make reservations at their favorite place or drive across town for that special meal. So where do naturally thin people eat while life goes on around them? They eat anywhere—on the phone, at work, at their desk, in the car, at the kitchen or dining room table, and even in front of the TV. Haven't you been trying to follow rules about only eating at a table sitting down, or never eating in front of the TV because you'll "lose control" and eat too much?

Taking note of the summer activity in your community—you'll see lines of thin people taking their kids to get ice cream, and you'll see thin people purchasing chocolate at Godiva. In fact, an older gentleman I interviewed had one piece of fine chocolate after dinner each night—just one small piece each night satisfied his sweet tooth with the best he could find. You'll find thin people eating everywhere, and yes, some even eat fast food. These thin people eat everywhere, even buffets!

"The only way around is through."

Robert Frost

LIVE THIN!

Make a list of all the intriguing restaurants in town where you would like to eat but haven't had the opportunity to do so yet. Now make it a priority, when hungry, to begin sampling the fare at the places on your list. Make going out fun and wonderful! Let the wait staff pamper you and enjoy.



SECRET #18

Naturally Thin People Are Aware of the Impact Their Food Is Having on Their Body

While naturally thin people eat right beside us in our favorite restaurants (and anywhere else they want to), they are aware of their bodies' hunger/satisfaction scale. Each bite comes with a cue about how their body is feeling and so they know when to stop without having to think about it. Naturally thin people STAY aware of the impact food is having on their body during every single meal. Before the meal they feel hunger, and as they continue to eat, they feel it dissipating with each bite, and when their stomach no longer feels the hunger, they stop.

You see babies do this all the time. They scream when they are hungry and cry until they get food. As you begin to feed a baby he settles down, and when he is no longer hungry he moves his head from side to side or spits out the milk or food—that's it; he's finished! Naturally thin people, although they aren't as demanding as a hungry baby, eat in the exact same way. Their physiological system is identical, but naturally thin people live their entire life with a keen awareness of the impact food has on their bodies.

The impact of this heightened awareness is that they choose foods that their bodies enjoy. If their body enjoys soda and a sandwich, great! If however they notice that when they consume a soda and sandwich they feel sluggish, they will think twice next time about this choice.

After interviewing dozens and dozens of naturally thin people, it's clear that they truly enjoy the feeling of living their ultimate best. They prefer foods that increase their energy, while making them feel their best. They are keenly aware of the impact food is having on their body and direct the course of their actions accordingly.

"I am always doing things I can't do. That's how I get to do them."

Pablo Picasso

LIVE THIN!

Pay attention to the way certain foods feel inside your body. You may notice that when you eat hard cheese you feel heavy, bloated and listless, but when you eat cottage cheese you feel great, energetic and comfortable. Make the choice to eat foods that make you feel your best. Naturally thin people know that no foods are "off limits," and when there are no limitations you make powerful choices. Begin making those powerful choices that are in alignment with your body's needs.



SECRET #19

Naturally Thin People and Exercise

Maybe because of laziness on my part I wasn't too interested in interviewing the super athlete. I knew that wasn't where I was, so the idea of doing tons of exercise wasn't appealing, and I didn't want to copy those obsessed or spending more than an hour at the gym per day.

In speaking with naturally thin people, they tend to be more active than overweight people. Yet not all naturally thin people exercise. Of those that I interviewed, only seven never exercised at all. The majority, however, like to get out and move their bodies, whether it's going to the gym or hiking in the summers, or playing softball on a softball league, the majority of naturally thin people do live somewhat active lives.

The majority of naturally thin people I interviewed felt quite comfortable in their bodies and found it important to stay thin, even though they didn't really know precisely why or how they attained their thin selves. Since, like all of us, looking good has some level of importance, most of them work out to relieve stress, to become even more toned, or because they love the sport in which they are actively involved.

LIVE THIN!

I've worked at finding every reason I shouldn't exercise over the years, and I just can't find one that's good enough to skip it. Find activities you love—go outside and walk around the block, go to the gym and see if you can make long-lost muscles bulge. Have fun and be active.



SECRET #20

Naturally Thin People Don't Obsess Over the Numbers on a Scale

A naturally thin person has been thin their entire life, so their weight is one area to which they don't need to give a lot of thought or attention. The vast majority of naturally thin people believe they're thin, think thin, and don't spend a whole lot of energy on comparing yesterday's scale numbers to today or last week. They typically don't weigh but a few times a year when a scale happens to be nearby or when the doctor asks them to step on the scale during their yearly exam. Since they've always been thin, both in their mind and in their body, they don't need a scale to measure anything—it wouldn't affect the way they live around food.

I found that most naturally thin men and women don't even have a scale in their home. Why would they need it? They know if they have gained weight by the way their clothes fit. If they feel their jeans are slightly tighter, they will listen to their body more carefully and quickly get their weight back off. They simply self-monitor and self-regulate, daily scale weigh-ins are for dieters, not thin people.

Before you can change your thinking you have to change what goes into your mind.

Zig Ziglar

When I asked these thin-living gods and goddesses for their weight, they knew it roughly or would tell me the last time they were weighed

(some six months ago). Yes, they knew a range, but the majority of them couldn't give me the exact number.

A quick note: I will say that of the naturally thin people I interviewed, 7% of them had scales in their homes and weighed daily. They told me that it kept things in check and they felt good knowing that they were staying in their healthy weight range.

LIVE THIN!

If you insist on weighing yourself use a tape measure too, or notice how, as you're becoming naturally thin, your clothes begin to loosen. The scale never tells the whole story; it doesn't say how much effort you've put in or how much water you've consumed. Don't be a slave to the scale another day. Most naturally thin people I know are only sure of their exact weight on the day of their annual physical. Commit to freeing yourself from the tyranny of the scale.



SECRET #21

Naturally Thin People Have Normal Weight Fluctuations

Sarah gave this response when I asked how much her weight fluctuates: “Not much. It has crept up over the past 2 years from where I was for quite awhile, but I have never yoyo’ed. I can still lose weight by making small adjustments in my intake and activity level.” Jocelyn said, “Within five pounds,” and Robert, an older gentleman, said “not at all, really.”

This sample of responses is representative of my subjects—they don’t really know how much their weight fluctuates; they “think” it fluctuates. The average naturally thin person’s weight fluctuates between five and ten pounds within a year, depending on hormones, activity level, and food intake. They know there may be times when they overeat and put on a pound or two, or they put on some weight because of hormone cycles, but they definitely don’t worry about whether their weight is up a few pounds here or there. Their weight is just not that important. They have a clear and strong understanding that they can take the extra weight off easily and effortlessly.

"The important thing is to dare to dream big, then take action to make it come true."

Joe Girard

LIVE THIN!

Stop focusing on the numbers so you can start focusing on how you feel. Today do one of the things you’ve been waiting to do until you become thin. Start living, no waiting!



SECRET #22

Naturally Thin People Sit Through a Whole Meal After Finding Satisfaction in One Bite

It's not a horrible evening when a naturally thin individual "has to" sit through a meal and not pick up more than a few bites. If they are hungry, it's time to eat! But if they're not, you're not going to see much more than picking and nibbling (if they do that much). Joy said, "If I'm still hungry, I'll pick at the crumbs. Otherwise, I just tell the server to take away the food."

Naturally thin people are comfortable with the experience of a meal. The company, the environment, and just being around loved ones are reasons enough to enjoy the experience without HAVING to eat. Getting together with friends and family at mealtime simply does not always match their hunger/satisfaction requirements to eat, (This explains the phenomenon of going out to dinner with naturally thin people who sometimes they eat absolutely everything on their plate and sometimes sit there with only a cup of soup. They are completely comfortable with being around food without eating it. Since they won't unless they are physiologically hungry, "having" to eat isn't even an option. For example, if your friend is thirsty and would like to go have a drink, do you feel compelled to walk with him to the water fountain? The answer should be "no" if you are in touch with your body; it just doesn't make sense. If your sister needs to use the restroom does that mean you do too? We each have our own beautiful body that craves food, produces waste, thirsts, sleeps, and moves all in their own beautiful way. Sometimes our bodies' signals are in sync with those around us, but more often

they're not. Get comfortable with sitting through a meal just having a few bites—you've learned another secret of the naturally thin!

LIVE THIN!

If you find yourself eating with your friends or family and you realize you're not hungry, it's okay. Just stop, sit, and enjoy the company of others. Don't allow yourself to feel compelled to eat just because others are eating. You are in control of that fork!



SECRET #23

Naturally Thin People Deal With Hunger at Inconvenient Times

"I'm not really hungry that often between meals."

"Sometimes I chew gum."

"I find that if I'm busy, I don't think about food. If I'm bored, I'm waiting for the next meal or I'm snacking because it's something to do."

"What's a designated meal time?"

"Be not afraid of
greatness; some are born
great, some achieve
greatness,
and others have
greatness thrust upon
them."

"Inconvenient times" occur less frequently for the naturally thin. Being prepared with a few favorite, small foods keeps the feeling of panic at bay. When hunger "speaks" there's a granola bar or something available to munch on. They eat enough of it to carry them over to a time when it's more convenient, and get back to what they were doing.

Remember, these people may or may not have designated meal times, but if they are hungry, they're eating. If they aren't, there's no way you can stuff food down their throats. The amazing thing about naturally thin people is that they say things like Paul said, "I eat when I'm hungry or when I know I should probably eat... 'cause if I don't I might not eat at all that day. I get busy." Can you imagine being too busy to eat? It just shows you that eating CAN be the farthest thing from your mind.

LIVE THIN!

Pick up some delicious foods and keep them in your purse or car. If you get hungry at an inconvenient time you'll have just what you need to tide you over.



SECRET #24

Naturally Thin People Have Willpower

Yes, it's true, every single person said "Yes," they all deal with willpower on one level or another. Not a single person misunderstood my question.

"I love sweets and chocolate. I also love French fries. I just don't have them very often, and I don't ever have sweets in my house" said Trina. Bubbly Karen, much like myself, stated, "I don't have it [willpower]. If I want something to eat/drink, then I get it. I rarely say no." Don't you love that? They don't make eating such an ordeal! It's not a problem to have candy, or sweets, or whatever you may think are "bad foods" sometimes. This is where the naturally thin differ from the unnaturally thin. Unnaturally thin people work at having willpower; they constantly focus on what they can't have instead of what they can have, and they obsess over being in line with their diet plan.

LIVE THIN!

Give yourself permission to grab some sweets the very next time you are hungry. Enjoy them! That's an order!



SECRET #25

Naturally Thin Women Expect to Gain A Little Weight Every Four Weeks

"The first requisite of success is the ability to apply your physical and mental energies to one problem without growing weary."

Thomas
Edison

This was an interesting discovery. It seems that most naturally thin women aren't too aware of whether or not they gain weight during their time of menstruation. Some women gain up to five pounds that week, and others don't. The ones who gain weight have an understanding that the water weight will melt away when their hormones settle down. They just know the weight won't hang on after their period.

LIVE THIN!

If you're a woman, allow your body to go through the natural, rhythmic cleansing process of menstruation. If

you gain a few pounds prior to your period and lose them after your period, thank your body for the work its doing and wait with contentment. I find that exercise minimizes the uncomfortable symptoms of PMS.



SECRET #26

Naturally Thin People Eat More When They Exert a Lot of Energy

There is clearly a direct correlation between activity level and food consumption. Naturally thin people are more active as a whole so they tend to burn more calories than do overweight people. When naturally thin people enjoy a bike ride on a Saturday and play softball on Sunday...and let's just say that level of activity is unusually high, they will (just like anyone) burn more calories, which in turn means that the food they consume is burned up at a faster rate. Wouldn't this make you hungry and able to eat more often or a larger quantity of food? Almost everyone I talked to was in agreement that when they work out regularly they eat more. No deprivation!

LIVE THIN!

Go for a long walk or bike ride and see how it impacts your hunger level. As you become more active you may see a change in the frequency of your hunger.



SECRET #27

Naturally Thin People Enjoy Food

A myth exists that naturally thin people don't care for food. There are those rare individuals who would rather take a pill than eat. Take Yasmeen for example, "With the exception of sweets I don't get that excited about food. I generally choose foods based on texture, and definitely do not have a fine palate."

"Everyone who got where he is has had to begin where he was."

However, the majority of thin thinkers LOVE to eat! They look forward to eating. They are very specific about the food they are hungry for. Ladonna said, "I love food, but, I really love healthy food. I much prefer a really healthy meal over anything fattening."

I was getting ice cream a few weeks ago noticing as always that everyone there—and I mean everyone—was thin. Who said sweets and ice cream aren't to be enjoyed? I heard from lots of people who love food, look forward to delicious meals, are picky about the food they consume, and ultimately could not imagine not eating lots of variety, textures, and tastes.

LIVE THIN!

Eat something today that you've never had before. Look, touch, smell, and then taste it. Indian, Vietnamese, Thai and Italian foods are my favorites. If you enjoy eating with your hands, try Ethiopian. Remember, there are incredible delicacies out there. Try one today!



SECRET #28

Naturally Thin People Don't Always Like Their Body

As a society, Americans have a low sense of satisfaction with their bodies (which, in my opinion, must be changed). I know I had this belief that all thin people, when they catch their reflection in a shop window, dance and skip down the street singing showtunes with their umbrella in the rain. Well, sadly, I'm here to say that naturally thin people, too, struggle at times with the way they look.

Marta, in her fifties said, "I am aware, not focused or obsessive. Some days I don't like my body at all. My reality checks come from feedback from people I trust and observation of other people. I also am very clear that if I don't like something about my body I have the power to change it." Margaux, a mom in her thirties who was carrying a one year-old child confidently shared, "I'm fairly happy with my body. I know I'm never going to be my fighting high-school weight again. I'm not trying to be perfect. As long as I'm not overweight (for health reasons), then I'm comfortable." A newlywed couple, Chad and Melissa, confided, "I try to use my body as much as possible and be good to it, but at some point I realized it's not worth obsessing over. If I were to gain a lot of weight I'd probably get more fanatical."

Is this shocking? I thought it was. We are all working to love our bodies and find peace and contentment with the way we look. There is no doubt that naturally thin people have much greater self-esteem and a more relaxed body image. They do seem to have more confidence,

yet still don't find themselves LOVING their bodies all the time. As I always say, it's mind work that makes for body love and getting the pounds off!

LIVE THIN!

Stand in front of a mirror and focus on all the beautiful parts of yourself. Know that you are beautiful; you are special; you are unique. Make focusing on what you do like a habit, and when you have a day you don't love what you see, say something kind and loving to one of your body parts. Your body will thank you!

"Success is not measured by what you accomplish
but by the opposition you have encountered
and the courage with which you have maintained
the struggle against overwhelming odds."



So, Now What?

So what in the world am I supposed to do now? What's next? Great Question! I hope you use all these thin thinking and acting principles to dramatically enhance your life. In my experience, however, reading alone will not entirely make the difference that you are seeking. Reading is an incredible start, but if you want to succeed in the real world, every single day, it's going to be your actions that count. If you are ready to have long-lasting and permanent changes, you are going to have to put this material into practice. You are not only going to have to think differently, but you are actually going to have to do the things that naturally thin people do to stay thin. And you know, don't you, that there's a little voice that can steer you in the opposite direction, or convince you to act in ways that are not beneficial to your mind or body. Just say, "thank you for sharing," and move forward.

I recommend that you take your favorite two principles each week and concentration on living them. Then take two more and live them, too. Little by little you will be naturally thin. Before long it will seem so natural to think thin you won't be able to remember a time where you didn't have these naturally thin thoughts.

I am truly blessed to have some of the most wonderful clients who work with me one-on-one. If you need additional support, I would be happy to consider working together. I have guided meditations and a six-week audio program leading you to incorporate these thin-behaviors into your life. You can sign up to receive helpful tips and thin thoughts at:

www.thinwithin.com/newsletter.htm, and you can learn more about me and my events at: <http://livingthinwithin.blogspot.com>.

Thank you for spending your precious time and dollars reading this book. I wish for you a tremendous amount of love for your body and for yourself. I wish you the life of the thin, and I look forward to perhaps meeting you in person some day.



Live Thin!

Now you have fourteen years' worth of information I have gathered and taught to thousands of people. You now know the secrets of the naturally thin and have the information you need to become one of us! This book has taught you to observe your thoughts and to mimic the behaviors of the naturally thin. The goal of this book is to assist you in raising your level of awareness, so that you, too, can think, live, and act thin. Further, this book is about you having the power to respond to food in an entirely new way—without emotional baggage. In this way, you can fulfill your desire to live thin and stay thin. Yes, this book is about you, and it's about changing the consciousness of the entire world. As every person who struggles with weight, struggles with negative body image, and struggles with low self-esteem, moves from fat-thinking to thin-thinking and from hatred to love, we will change the world! If you also want the world to change, then start with you—thinking new thoughts about your own body. If you do this, you will help others!

Please help me get the message of this book out to as many people as possible. Commit to telling everyone that you come across who is berating their body, talking unkindly about the way they look, or dieting. Not only will they be introduced to a new and powerful way of thinking, but you will be taking a stand with them to learn to love their body and to live without the pain and suffering of the dieting mentality. Taking a stand with someone will help secure the thoughts and actions of the naturally thin into your own mind. It won't be long until those thoughts are yours to keep... forever!

My dream is to transform the way the world views dieting, for people to start thinking thin, and for the world to think like these brilliant men and women whom have so openly and honestly shared their lives with you. One person at a time can change the world for the better. I ask for your support in making this dream a reality.

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from
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www.thinwithin.com