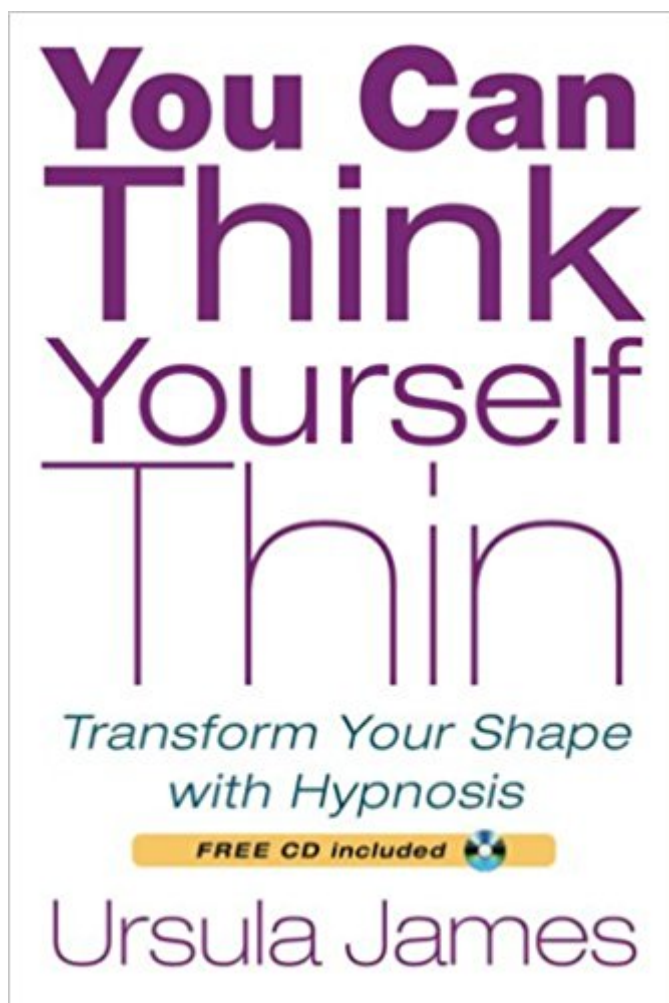


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# You Can Think Yourself Thin: Transform Your Shape With Hypnosis



## Synopsis

Do you want to take control of your weight and get the body you always dreamed of? You can-and this book will show you how. In this groundbreaking book, the United Kingdom's premier hypnotherapy practitioner presents a unique program for weight-loss that requires very little effort and yields amazing results. How? You think yourself thin. For years Ursula James counseled people who wanted to lose weight but who found that no diet ever worked for them. What gradually became apparent to her is that most of them already knew what they should be doing to lose weight-they just couldn't quite get themselves to do it. It was a problem of the mind and one that could easily be solved by using targeted hypnosis methods. In this book and CD package, James shares with readers for the first time the clear and simple techniques she uses with her patients-and with amazing results. With this program, readers learn how to take themselves deep into their subconscious minds and change the thought patterns that allow them to discard negative habits and create new, more healthful ones-and all without having to suffer through grueling exercise or food deprivations. Read this book and let Ursula James help you think yourself into the body you've always desired, and the confidence you deserve.

## Book Information

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## Customer Reviews

The U.K.'s premier hypnotherapy practitioner and teacher, Ursula James is a Visiting Teaching Fellow at Oxford University Medical School and an honorary lecturer at both St. George's Medical School, London, The London Medical School and other medical schools throughout the United Kingdom. A Patron of the National Phobics Society, she is also a Foundation

Member of the Academy of Medical Educators. In 2007 Ursula appeared in her very own TV show in the UK called Sex, Lies and Hypnosis. She lives in the UK.

Absolutely perfect! I have been searching for a self-hypnosis induction for some time now and at times I felt like Goldilocks, "horrible music" "poor sound quality- usually the music would overpower the speaker or they didn't enunciate their words, or their script just wasn't right...for instance the one by Rachelle Meadows had things like "you used to hear you weren't good enough, or Stupid" listening to something like that would simply reinforce exactly what you wanted to leave behind. Well Ursula even explains how if your mind hears a negative statement it won't hear the "no" or "not" ie "you will not eat fattening foods" your brain will leave out the "not" and hear "you will eat fattening foods" Ursula has an excellent speaking voice and you hear each word clearly with no distracting music, she has a pleasant voice and I find I easily go into a trance to pick up the suggestions I want to have in my subconscious. The induction is very positive. (I did listen to it all the way through to make sure it was something I wanted to have imprinted in my mind.) I'm finding that I am now drawn to eating healthy foods and find I feel full after just a handful of food, eating small amounts more often. This is a great book, easy to read, makes sense, and the cd is part of the program and easy to follow whenever you have time to listen to it.

Full disclosure, I was doing the cd, but it was faulty and I had to return it. However, some of the things in the book were just a bit much. Wearing a corset and bustier were part of the advice. I can see upgrading your lingerie to feel sexier, but wearing a corset around your house till you can bend over comfortably and get used to it, just didn't resonate with me. Also, the cd sessions are twenty minutes, with a large amount of that time reassuring you that you won't "lose control" while you are hypnotized. I think twenty minutes is too short, thirty minutes is usually the least amount of time for a session. I was giving it a try till it became unusable, but I really feel it was just ok

This is a great book if you want to lose weight without going on a restrictive diet or exercise to a frazzel. (is that a word??). The author shows you how to change the way you look at food and how you feel. As you go through the exercises you find yourself wanting to eat more healthy and exercise because you want to not because you feel like you have to. There is a CD included with the book which I believe is the real key. There are several tracks which you listen to as you go through the program ( they tell you at which point to listen to the different tracks) and the last track you can listen to just before you go to bed whenever you feel you need a little encouragement. The

program is not abstract theory. Ursula gives you specific exercises to do and tells you exactly how to do them. If you want to lose weight with very little effort, this book is the real deal. I highly recommend it. Be healthy. Be happy. B. Fit thin in US

for a long time i have been trying to lose weight and like many others out there i have tried many diets and exercise.. now thanks to this great method of hypnosis i have finally managed to lose 20lbs. all in a month and i am so happy. i have definitely changed the way i eat, no more snacks in between meals, drinking 6-8 glasses of water has never been more easy. i feel energetic and i find that i really want to do at least 30min. of exercise a day. i wake up in the morning feeling that every day will be a great day, and it is...best way to lose weight

This is a great book and she seems to really understand why people eat and snack too much food. You definitely have to stick with this book and CD for the full 21 days. It has been a tremendous help to me. I wish this book and CD were still easily available. I would buy this again and I would do business with this seller again. Thank You!!!!!!!!!!!!

This book and CD are a great motivator. The more I read it, the more my motivation to get thin increases. I have lost 18 pounds in the last 4 weeks. As I am older and somewhat deaf, I do have trouble understanding what Ursula is saying on the CD. I have to listen to it in the listening mode several times before using it as it is intended. I hope all who read this have as much success and pleasure with this book as I have had.

This book has been really helpful in me realizing the problems that lead me to being overweight. I did not think the hypnosis tracks would work but they do. It is really subtle so you don't even have to work at it the changes happen subconsciously. Reading the book just makes you more aware of what needs to change so you are thinking about it consciously as well. I would recommend this book to anyone who has tried it all and have failed...This is definitely worth a shot!!!

This is a wonderful book and has helped my mother a lot with her potato chip habit!

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