

**SPIRITUAL WEIGHT LOSS MENTALITY**

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Shed Your Excess Weight  
By Thinking Like A Thin Person

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# Foreword

Day in day out we keep ourselves absorbed with those matters that matter the most to us. A lot of times, it might be just to survive and bring in some money. In doing so we at times disregard or forget about the extra matters that are essential to balance our lives. They're even more essential to supply real meaning to our world. You have to pay attention to your wellness.

Physical activity is where it's at, along with a low-fat, high-fiber diet and a wish to move towards healthiness. But as well it requires the correct mindset. Good health comes to those that attend to their Body and their Brains. When you better your health now, in turn additional great things will come to you in a lot of ways. Before you know it you'll find yourself doing things you never executed before.

In attending to our bodies and minds, and having a complimentary lifestyle, we'll live longer...Do you want to live more, happier, and fitter? If you genuinely wish to, reading this e-Book can help you attain your goals..... .

***Spiritual Weight Loss Mentality***

***Shed Your Excess Weight By Thinking Like A Thin Person!***

# Chapter 1:

## *Re-name Weight Loss*

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### Synopsis

Decide to live healthy rather than skinny. If you've been heavy for almost all of your life or if you have a parent who's heavy, your obesity may be highly influenced by genetic science. This means that while you're capable of sustaining a fit body weight, being thin isn't a honest expectation.

Embracing the construct of being fit will give you the chance to appreciate your weight loss accomplishments without equating it to the results of somebody who's able to be significantly thin.



## **How You See It**

Being fit is about making the correct selections

Fit living is a life-style. You can't slim down through fad diets or little bursts of activity, but you are able to be successful and pleased with easy choices that reward you in the long run. Remember, a fit life-style is a set of selections you make day-to-day.

There's no magical formula, only dedication to making favorable selections in your life. Consider your health as little choices, not a scary project. Have self-assurance and patience and you'll win.

Put down your goals. Arrange goals for yourself at steady intervals like 1 month, 3 months, a year, and so forth. Be fearless.

For instance, if you wish to run 5 miles within 6 months, write it down. Remember to project to meet your goals. You can't accomplish 5 miles if you don't ever put on your running shoes.

Size up of your lifetime. Begin a food and physical activity journal and put down everything you consume (and how much) as well as how much physical activity you get.

Remember everything adds up, from that additional caffè latte to taking the stairway at work. Utilize this journal to distinguish your sorry habits and areas for betterment.

With all the data and ballyhoo around diets and exercise programs, it's crucial to educate yourself. Learn how to read nutrition labels and arrive at great food selections.

Learn about chances for exercise and group activities in your area. Walking, swimming and Yoga are awesome ways to begin an physical lifestyle.

Get rid of old enticements. Remove all the desserts and additional unhealthful foods. Think about mental triggers and toxic relationships. For instance, occasionally relationships may trigger gorging or laziness. Be organized to steer relationships leading to enticement in fitter directions.

Begin with easy changes. The procedure of living a healthy lifetime will involve breaking habits. Rather than overhauling everything you do, begin with manageable steps and get a few early wins.

Be easy with yourself. You'll bumble some of the times. It's normal, but if you're still on track overall then let yourself have some forgiveness. If you're constantly cheating, then you have to assess what is going on and discover ways to come back on track.

Evaluate your progress in different ways. The whole story isn't on the scale. Weight loss might be significant to you, but energy levels and total health is likewise important to assess.

# Chapter 2:

## *Think About Moving*

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### Synopsis

Dream up ways to be physically active. Most heavy people spend a lot of time considering what they're going to eat. Ideas of what snacks, lunches and suppers they're going to savour and when, is what outlines their schedule for the day. In order to bear a successful mind-set for weight loss, you have to begin including ideas of physical activities with thoughts of food.





## **Change Thinking Patterns**

Physical activity works best when it's a steady part of your life, and exercise at home may be much more convenient than attempting to find time to get to the gymnasium. Moreover, physical exercise is commonly more gratifying if it takes place in a comfy environment, and doing it at home provides you the ability to tailor the experience to fit your individual tastes.

If you are able to find easy, flexible techniques to add a little physical activity into your routine, you will stick with it more readily (and move on to more formal physical exertion more quickly).

Many of us are hooked on our automobiles, however with simply a little shift; we may turn daily errands into an simple way to work out. Rather than driving to the corner food market, walk or ride a bicycle.

Buy a cart to carry your supplies or a trailer to pull behind the bicycle. Any small neighborhood errands may be achieved in this manner.

Take the stairs rather than the elevator in your apartment building.

If you have youngsters, walk with them when you take excursions, rather than packing everybody into the car. A leisurely stroll to the local park gets everybody some fresh air while helping you feel good.

A stealthy way to fit physical activity in is to do a little multitasking. Get a hands-free phone system and utilize hand weights or do push-ups while you're waiting for the other individual to pick up the telephone.

Discover tasks that entail standing up (like vacuuming or dusting), and plan to engage in them a couple of times each day. Utilize ankle weights and take little "walking breaks" to stretch out your legs if you are able to.

Do five or ten push-ups each time you enter or leave a room---nothing too long, simply a couple of seconds to get your motor running.

Make fun out of discovering fresh ways to acquire exercise without breaking up the remainder of your routine.

Many individuals view TV as the foe when it comes to physical activity, but it doesn't have to be that way. Think about the amount of time you spend on the sofa watching television, and then consider that you are able to still watch those shows while you're on an exer-cycle or treadmill.

Pick a particular show you love, and make it an "physical activity show," which you only view while working out. Many shows are available to purchase or rent on DVD, and hour-long programs last forty-five minutes, without the commercials---the perfect length for a great workout.

Get on the bicycle or treadmill, and switch on the show. Once the closing credits come up, quit and hit the shower.

Every time that you discover yourself considering what you'll have for dinner, follow that thought with what you are able to do to promote good condition. For instance, you might think, 'I'd love to have a chicken dinner this evening and a bowl of raspberry sherbert. Then, I may enjoy a nice evening walk around the neighborhood.' You're letting your mind follow a mental affiliation of eating with an physical activity. Remember, to accomplish weight loss you have to regularly burn more calories than you eat.

# Chapter 3:

*Be Truly Happy*

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## Synopsis

Center on what makes you happy. "USA Today" questioned a psychologist who explained: "It's such an innate disposition to go over sorry news or resources that haven't worked out right, to embellish the drama we're already going through." This consistent thought pattern countermines a person's power to be happy.



## **What Pleases You**

It's obvious by viewing different statuses of humans that income and external matters are not what make individuals happy. Naturally it may make life easier, but income alone can't relieve all of our troubles and make individuals truly happy.

Many individuals base being happy on outside factors. They acquire thoughts that when they accomplish this or gain that, then they'll be really pleased in their lives. Regrettably, the happiness that comes with these matters appears to be temporary and it's not long before they begin stating the phrase "I'll be happy once...."

I too have fallen under this way of believing and came to discover myself wondering "when will I be really pleased?" I began to observe that there are individuals who forever appear to be happy never mind what was going on, and I discovered myself wondering, what makes them so different from me. Are they simply born with a happiness gene that I was lacking? Are they more suitable of being happy than I am?

Fortunately, I've learned what really makes an individual happy. Here are a few ways to take personal responsibility for your happiness by managing a favorable attitude. The better news is that doing this will cost nothing to acquire or sustain!

A lot of us have acquired habitual damaging thoughts about ourselves and of everything around us. A few individuals have developed this so concretely, that all you appear to hear from them is their disconfirming views on each topic that arises. Damaging thoughts and behaviors won't make individuals happy.

The thing is; negativism breeds negativeness. Damaging thoughts wind up producing damaging habits that then lead to damaging outcomes. This may wind up a self defeating cycle that holds you back from being pleased.

Recognize that not everything is all negative; and the negative side of a position isn't the whole truth. For each negative you center on, there's likewise at least one favorable to be found inside any situation.

Centering more on the positives instead of fixating on the negatives helps humans to produce an outcome that makes those individuals happy. Looking for positives supplies them with the attitude they require to overcome the negatives of the position.

Just as damaging thoughts produce damaging outcomes, the energy of a favorable attitude and seeing favorable potentials may drive one to redirect their efforts in producing positive outcomes that may make a individual happy.

If you discover yourself faced with a situation that brings about blackball thoughts and foul feelings, take time to acknowledge and assess those feelings. Then view the situation from all slants too seek an equally real and favorable thought to work from.

This doesn't imply that you go into denial about the negative of the place; it simply means that you decide to pay more attention to the favorable part of the situation and how to better it. Looking for positive situations and results is what leads to being really happy in life.

# Chapter 4:

## *Final Tips*

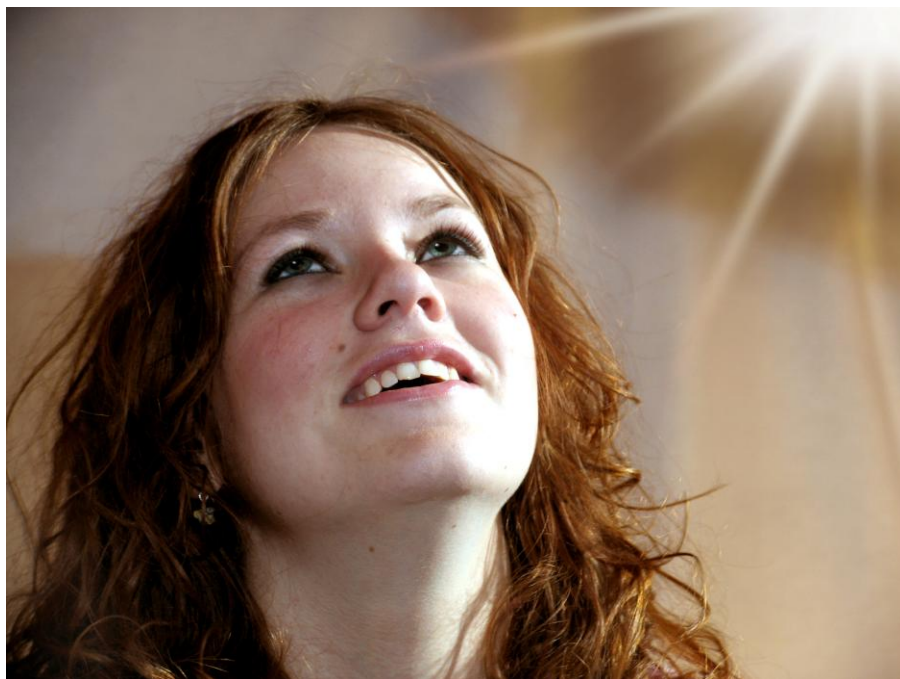
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### Synopsis

Forever to take your attention and put it on yourself. Turn your stare inward to discover your true Self. It's with patience waiting for you to find it. Gaze inside yourself with the eyes of a curious lover. Better your openness and trust. Relinquish to the greater mystery of you.

Your deeper stubbornness reveals to you all that you have to know. I can't tell you what the mystery of you is. I may only act as a modest guide and point you in the right direction.

The keys are willingness, relinquish, faith, bravery, curiosity, openness, and inquiry.



## **Other Important Factors**

You have to begin to ask the questions. Who am I truly? What am I below my surface (ego) self? Are the accounts and the notions I hold about myself very true? What am I frightened of? What is this compulsion with food and weight truly about? What am I putting off by centering on food and weight? What is my real purpose and charge in life? How does my soul wish to express itself in this life story?

Till you start to ask yourself the questions you won't get the answers.

You have to ask. Many of you are frightened to look inside as you believe there will be nothing there! This is plainly not true.

Your ego self is a fantasy. It's the veil of unreality. Underneath the image of the little self that you identify as you, is a much deeper truth. It's a enormousness of Self that holds the mystery of life itself. Your higher, crucial Self bears the entire world.

How do you discover it? It lives in the silence. It utters in rustlings. You must get still to hear it speak. It will answer you in prayer, yoga, meditation, art or in nature. It may be detected wherever hush exists. Its clues are everywhere.

Its only demand is awareness, the awareness of a richer truth and oneness that is at the core of all creation. It may be found in the fullness of the moment; at the center of your every breath.

Your true life devoid of weight issues may only start when you act from this deeper Self, this core at the heart of your being. The awesome romance of

your life is the one you have with yourself. That's why the biggest secret and instrument of weight loss is self-love.

My want for you is that you fall crazily, deeply in love with yourself. There's such joy in that journey! It's likewise true that you'll discover some pain, but beneath this pain lays real freedom. The path of release is through the confronting of anguish.

You have to not let your resistance and the fear of anguish stop you. Most individuals run as soon as they begin to experience a little discomfort. They never get to the pot of gold on the other side!





# Chapter 5:

## *Recipes*

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### Synopsis

Here are some great and easy recipes to get you started.



## Get Cookin

# Broccoli Soup

- Serves: 4

### Ingredients



- 1½ cups chopped broccoli (or 10-ounce pkg. frozen broccoli)
- ¼ cup diced celery
- ¼ cup chopped onion
- 1 cup low sodium chicken broth
- 2 cups non-fat milk
- 2 tbsp cornstarch
- ¼ tsp salt
- dash pepper
- dash ground thyme
- ¼ cup grated Swiss cheese

## **Directions**

Place vegetables and broth in saucepan.

Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes).

Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil.

Remove from heat.

Add cheese and stir until melted.

## **Pea Soup**



## **Ingredients**

- 500 gm shelled Peas
- 1 Onion finely chopped
- 2 1/2 cup vegetable or chicken stock
- 1 tbsp olive oil
- 2 tsp fresh cream
- salt and pepper to taste

## **Directions**

Heat oil a pan. Add the Onion and sauté till white. Now add the Peas and sauté for a further 5 minutes. Add seasoning and vegetable stock. Boil and

simmer till the Peas are cooked. Puree in a grinder. Serve hot topped with fresh cream.

## **Almond Snack Mix**

### **Ingredients**

1. 1/3 cup whole unsalted almonds
2. 2/3 cup multigrain or whole-grain cereal squares
3. 1/2 cup low-fat granola cereal without raisins
4. 1/4 cup dried apricot halves, cut into strips, or golden raisins
5. 1/4 cup sweetened dried cranberries

### **Directions**

Preheat the oven to 350 F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Cook's Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

# Wrapping Up

This way of life calls for bravery. If you're willing to stay the course you'll discover it. I promise you that. This freedom provides a boundless joy that can't be attained by strains in the external world. Delight is your natural default button. It's your hallowed birthright.

Astonishing things occur when you start to align with your Self and associate to your higher purpose in the world. You'll discover much support. You're never alone on this travel.

The universe has a way of affirming you and giving you what you postulate. Individuals and chances will start to show up everywhere. Synchronies and miracles start to occur as you live from a state of flow connected to your unearthly energy source.

You'll know you've reached this place once feelings of serenity, harmony, and contentment are with you much of the time. Weight and food will no more be a problem. You'll be gleefully engaged in the dance of life. When you're amply alive with the fierce glow of an open heart, you'll know that you've come home to yourself. You'll be filled with a feeling of wonder for the hallowed mystery that's alive in the very core of you.