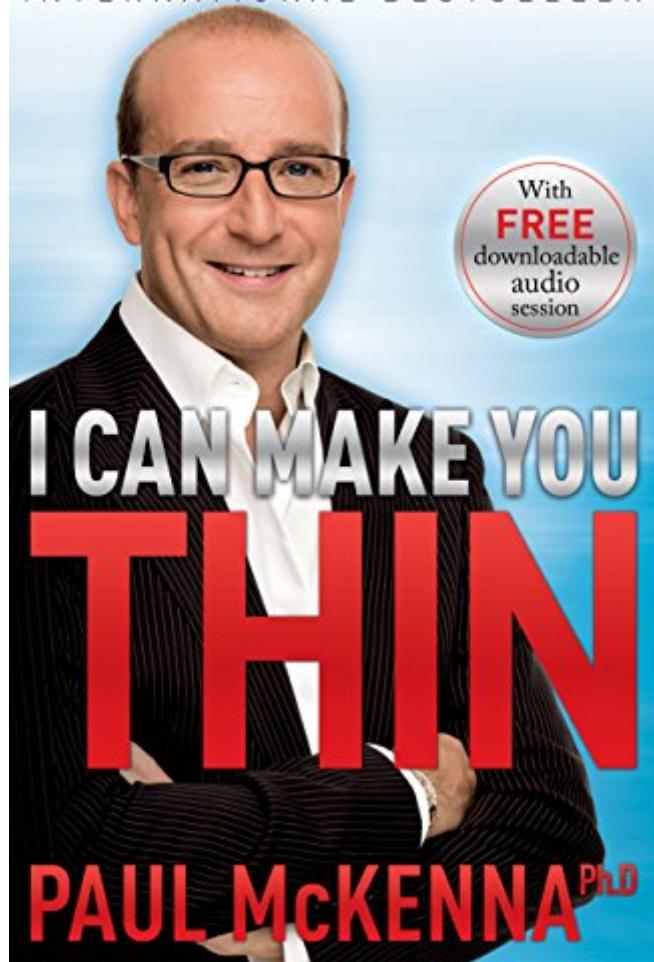


The book was found

I Can Make You Thin

INTERNATIONAL BESTSELLER



Synopsis

Would you like to eat less without feeling like you're missing out? Are you unable to lose those last 10 pounds? Would you like to stop sabotaging yourself? Do you want to feel truly happy with your body? If you've struggled with your weight for too long, let Paul McKenna help you lose weight and change your relationship with food! >Diets work for less than 10 percent of people. So it's time to try something new. *I Can Make You Thin* is a revolutionary weight-loss system that re-patterns your thoughts and behaviors around food to help you take control of your eating. All your decisions about how much you eat take place in your mind -- so this remarkable book, which includes a free digital download featuring a powerful guided hypnosis session with Dr. McKenna, reprograms your unconscious mind to change your relationship with food, speed up your metabolism, overcome emotional eating, and instantly stop cravings. If you find it hard to say no to second helpings, this system can make it easy. If you get discouraged about your weight, this system can give you hope. And if you have zero motivation to exercise, it can get you moving with ease. Dr. McKenna's system will help you start losing weight right away, and you can use the techniques and the hypnosis session again and again as you go all the way to your ideal shape and size. It's a system so simple that most people can't believe it will work for them. The best part is, you don't have to believe -- you just have to follow the instructions and watch your life start to change for the better.

Book Information

File Size: 3014 KB

Print Length: 185 pages

Publisher: Hay House; Pap/Psc edition (January 5, 2016)

Publication Date: January 5, 2016

Language: English

ASIN: B0170HFG9U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #291,883 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #236

in Books > Self-Help > Hypnosis #1198 in Kindle Store > Kindle eBooks > Health, Fitness &

Customer Reviews

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

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

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

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

[Download to continue reading...](#)

Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) Eat Fat, Lose Weight: The Right Fats Can Make You Thin for Life I Can Make You Thin: The Revolutionary System Used by More Than 3 Million People (Book and CD) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Cook Yourself Thin: Skinny Meals You Can Make in

Minutes I Can Make You Thin Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) You Can Think Yourself Thin: Transform Your Shape with Hypnosis Sex: Make Him Scream: Make Your Man Scream In Bed, Simple Techniques To Make Him Love You Now And For Better Relationships A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people and then suddenly ... empty, just with one person, that is me.. Can I tell you about Epilepsy?: A guide for friends, family and professionals (Can I tell you about...?) You Can Write for Magazines (You Can Write It!) What Do You Mean, You Can't Eat in My Home?: A Guide to How Newly Observant Jews and Their Less Observant Relatives Can Still Get Along HOW TO MAKE MONEY OPPOSING SPAMMERS - If You receive SPAM You can turn it into PROFIT Who's Your Mama, Are You Catholic, and Can You Make A Roux? (Book 1): A Cajun / Creole Family Album Cookbook Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families How to Make a Man Fall in Love with You: How to Seduce a Man. 6 Simple Steps to Make Him Beg for Your Attention (Dating Advice for Women - How to Get the ... Want You) (How to Get a Boyfriend Book 1) I CAN CAN RELISHES, Salsa, Sauces & Chutney!! How to make relishes, salsa, sauces, and chutney with quick, easy heirloom recipes from around the world ... or sell (Frugal Living Series Book 3)

[Dmca](#)