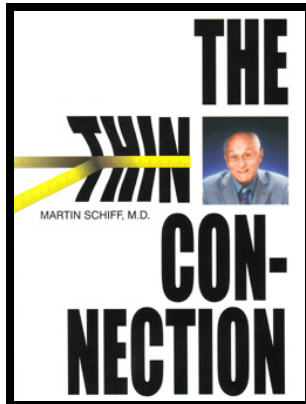


The Thin Connection

Dr. Martin Schiff

Dr. Martin Schiff, Weight Control/Weight Loss Expert, Has Uncovered The Mental Keys to Hunger Control and Permanent Weight Loss



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Martin Schiff, M.D., is receptive, resolute, realistic and responsive in his commitment to help **YOU** shed unwanted pounds permanently. He finds it personally exhilarating and inwardly gratifying to assist with your efforts to eliminate the outer (physical) and the inner (mental) weight. Dr. Schiff intuitively and without forethought shares self-empowering and slenderizing thoughts, ideas and notions concerning mind, spirit, and body. This enlightening and beneficial information is important and applicable to everyone. This insight and ability helps change your outer physical state and Your Inner **BEING**. Such awareness and energetic mental activity is derived from wide-ranging challenges and personal experiences in the practice of Weight Control...Hunger Control...Mind and Thought Control. Change Your Thinking...Change Your Weight!

Dr. Schiff's expertise and primary concern embodies The Fat Between The Ears©. This mental weight includes emotions, feelings, attitudes, behavior patterns and lifestyle...also Mental Conditions and Cerebral Situations. In other words, food and excess weight *is not* the problem. Look in the mirror in order to visualize, cope with and manage the problem. It is also important and interesting to note that difficult, disadvantageous Mental Conditions and unmanageable, adverse Cerebral Situations lead to the actual problem...**YOURSELF!**

This Weight Control Plan is new, creative, unprecedented and unparalleled. It is enjoyable, easy to initiate, to implement and put into action. The Program is enlightening, self-empowering and slenderizing. It is straight forward and understandable in design, content and purpose. The Program and Plan is far-reaching in Mental Vision, self-realization and individual achievement. It is mentally elevating and physically slenderizing. This is a Plan For All Seasons and Many Reasons.

It is noteworthy and indicative of positive thinking habits, also a willingness and commitment to learn, that Dr. Schiff is open-minded and understanding about the close connection and firmly interwoven relationship between Your Conscious and Sub-Conscious Mental States...between Your Inner **BEING** and Your Outer Self...between mind, spirit, and body. Develop a practical and meaningful relationship with **YOURSELF**. Become inter-related, firmly connected and deeply committed to **YOURSELF**.

Dr. Schiff's thoughts and observations about Mental Conditions and Situations are down-to-earth and weight control effective. He is considerate of Your **BEING** and profoundly aware of your Persona...about how **YOU** affect, influence and change The States Of Your Mind...then visualize, **DO** and **UNDO** for Your Total **BEING**.

This all-inclusive, one-of-a-kind Weight Control Program establishes and includes what *has not been* perceived or previously considered, i.e., The Mental Weight or The Fat Between The Ears©. This Mental Weight consists of emotions, feelings, attitudes, thoughts, behavioral patterns and lifestyle changes...also Mental Conditions and Cerebral Situations.

Succinctly and intellectually...Dr. Schiff is **YOU ORIENTED**. He has a desire and inclination to share important insights and valuable information that modifies both inner and outer behavioral patterns. This effort together with Mental Conditioning and Programming allows **YOU** to act and react in a logical, positive and sensible manner about **YOURSELF**. Get your act (**YOURSELF**) together. Change Your Thinking....Change Your Weight!

During this total weight control endeavor, Dr. Schiff has demonstrated the logic and need to develop slenderizing thinking and eating habits; also to produce improved Mental Conditions and Situations. This helps increase and expand your imagination...thus visualizing and improving Your Total **BEING**. The accomplishment of such an energetic, self-revealing effort enables **YOU** to see with "The Mind's Eye" which is a feature and characteristic of The Intellectual State Of Your Mind.

Dr. Schiff manifests considerable enthusiasm, energy and passion when referring to a most important, "power-full" subject...**YOURSELF**! He steers a straight, unerring, direct course in order to explain and establish a successful, meaningful, all-inclusive approach to Overweight Conditions and unhealthy Obese Situations. With this specific, important goal in mind...Schiff formulated and developed a practical, enjoyable and all-inclusive Weight Control Program and Weight Loss Plan.

This consequential, influential and beneficial accomplishment leads to self-understanding. It heightens your capacity and ability to love **YOURSELF**. It represents a first step in controlling an unstable physiological Condition and emotionally insecure Mental Situation. It is a step that helps **YOU** discard unmanageable and self-defeating behavioral patterns...leading to an improved and slenderizing lifestyle. But remember...one step at a time...one day at a time.

The purpose and basic goal of this mentally energizing, effective effort and work is focused upon establishing a practical Weight Control Program and Weight Loss Plan. The use and application of accurate directions and mind-revealing information about **YOU** eventually leads to permanent weight control, mind and thought control. This “develop-mental” and progressive process helps eliminate the Overweight Condition and the accompanying Obese Situation forever.

Dr. Schiff’s in-depth experiences have resulted in careful consideration and deliberation concerning Weight Control/Weight Loss Conditions and Situations. He wholeheartedly shares these valuable experiences with **YOU**. Moreover...he has a clear, unvarnished understanding of mental difficulties and cerebral problems that lead to Overweight Conditions and Obese Situations. This has provided a special opportunity for Schiff to formulate and describe objective, mind expanding and special information about Your **BEING. IT’S ALL ABOUT...YOU! IT’S ALL WITHIN...YOU! IT IS YOU!**

Dr. Schiff has developed an interesting, successful Weight Control Program and effective Weight Loss Plan. In other words—dieting and fad diets *just don’t work!* The Diet Game. The On-Off Game. There are unstable Mental Conditions and self-defeating Cerebral Situations that affect Your Outer Self. Nonetheless...Your Inner Self and Your **BEING** are changed by careful cerebral activity followed by sensible and appropriate internal action.

Dr. Schiff’s illuminating experiences and clear understanding about overwhelming emotions and confused feelings at it relates to the physical (outer) Self are, in part, derived from all-inclusive and revealing case histories. These detailed subjective and objective case histories are applicable to many Overweight Conditions and Obese Situations. **“KNOW THYSELF!” UNDERSTAND YOURSELF! LOVE THYSELF! HELP YOURSELF!**

Special events and mind/body responses are frequently unplanned and spontaneous in nature But...everyone develops Emotional States Of Mind that often result in distressed, confused Feeling States Of Mind. It’s Human Nature...but what is Your Nature and State Of Mind? Change Emotional States...Change Feeling States...Change Your Nature...Change Your Weight! **IT’S ALL IN THE STATES OF YOUR MIND!**

This special, mind revealing information was carefully and arduously obtained during 55 years of a hands-on and step-by-step approach. It is mentally energizing, emotionally stimulating, empowering and mind elevating. This unparalleled Weight Control Program and Weight Loss Plan is easily understood and readily accepted. Dr. Schiff’s beneficial self-help information and useful ideas help **YOU** to achieve permanent Weight Control—Hunger Control—Mind and Thought Control. But remember...repetition, repetition, use and application.....

Overeating and eating incorrectly leads to An Overweight Condition. This undesirable Condition frequently leads to an unhealthy Obese Situation. However—this *is not* the origin and cause of The Condition and The Situation. Food gradually becomes a senseless, self-serving, repetitious crutch. Look in the mirror and into “the mirror of your mind” in order to visualize and have a clear picture, then cope with and manage the actual, basic problem...**YOURSELF!**

Overweight and obesity are caused by negative Mental Conditions; also by uncontrolled Cerebral Situations. These Conditions and Situations begin and end with **YOU!** What will you **DO** and **UNDO** in order to understand, change and eliminate The Overweight Condition and The Obese Situation forever?

Dr. Schiff fully expresses, explains and presents positive, uplifting, enlightened, non-fattening thoughts, notions and information about **YOU** that *has not* been discussed or considered before. He sets forth an original, easy-to-follow Weight Control Program that helps **YOU** achieve a realistic weight goal. A considerable part of this all-inclusive, special plan is directed toward eliminating The Fat Between The Ears®, i.e., The Mental Weight. Emotions and Feelings are major aspects of This Mental Weight. **IT’S EMOTIONAL WITH EVERYONE! EVERYONE GENERATES AND DEVELOPS FEELINGS!**

This Weight Control Program is inwardly stimulating and uplifting. It is a one-of-a-kind self-help plan that is designed to melt away unwanted pounds forever. The special information presented in this program is adaptable and suitable for many Mental Conditions and Cerebral Situations that are a part of Your Lifestyle and Your **BEING**. But...**WHAT WILL YOU DO AND UNDO** in order to change **YOUR BEING**? This plan is known as—**THE WEIGHT THINKERS PROGRAM**. Change Your Thinking...Change Your Weight!

This accurate and enlightening Weight Control Program eliminates the senselessness and frustration of “trying to lose weight”...also the repetitious failure of dieting and the self-deception of fad diets. Schiff addresses Mental Conditions and Cerebral Situations from a practical viewpoint in his enjoyable book entitled **THE THIN CONNECTION**. Time and again Dr. Schiff states that—“It’s not about others...It’s all about **YOU!** Diets don’t work and, for the long term, never will!” The Diet Game...The On-Off Game...The Up and Down Game...The Losers-Finders Game.

Dr. Schiff has counseled and helped numerous patients in his distinguished medical career. He advises everyone to read his mentally revealing and spiritually elevating books concerning Weight Control, Mind and Thought Control...to use and apply the information that is found in his educational manuscripts...and to listen to his informative, program oriented CDs which emphasize that—“**YOU must** examine and manage...then eliminate self-serving and fattening thoughts, ideas, notions, attitudes and behavioral patterns.” Change Your Thinking...Change Your Weight!

Dr. Schiff explicitly and steadfastly states that—“You *must* learn to recognize and control disturbed, erratic emotions; also to understand and cope with distressed, confused feelings in order to adequately condition and accurately reprogram Your State Of Mind.” Change Mental States...Change Your Outer Physical State....Change Your Weight!

This step-by-step, one-day-at-a-time, enjoyable Weight Control Plan leads to a forward, upgraded and slenderizing lifestyle. These changes are difficult to imagine and establish. You *must* learn to think clearly and sensibly, self-instruct...then accept and DO for Your Total Self in order to achieve your desired goal. “*The difficult yesterday...The impossible today...There are no tomorrows.*”

Dr. Schiff has elevated the relationship and close connection between mental and physical weight—between mind, spirit, and body—and its direct link to an improved lifestyle—to a realistic, sensible and sustainable level. He has formulated and developed an outstanding and practical program for permanent Weight Control/Weight Loss that improves and benefits a very important person in your life...**YOURSELF!** But...what will **YOU DO** and **UNDO** day-by-day in order to enlighten, empower, uplift, elevate and make **YOURSELF** successful?

During the course of his Weight Control Practice, Schiff realized the importance of The Fat Between The Ears©. This includes Mental Programming and Conditioning...also Mental Situations and Conditions. These inner functions and internal activities modify and change your outer physical state. This proven, easy-to-follow Program and Plan is the result of an unusual and mind elevating experience. The Program and The Plan itself is the result of “a labor of love.” But importantly...learn to love **YOURSELF**.

Contributing to Schiff’s thoughts about Mental Weight (The Fat Between The Ears©) is the use and application of physiology, body chemistry and dynamics, philosophy, psychology, health, nutrition, logical and common sense thinking...and doing. He clearly explains and accurately presents throughout **THE THIN CONNECTION** these important concepts and conclusions about Weight Control and Weight Loss. This information is closely associated with a firm, strong connection between Your Inner **BEING** and Your Outer Physical State. Make **YOURSELF** well-connected.

Dr. Schiff explains and emphasizes how distressed inner relationships and disturbed emotions lead to confused thought patterns...and incorrect eating habits. Such undesirable States Of The Mind result in An Overweight Condition and An Obese Situation. These concepts, understandings and conclusions clearly demonstrate and emphasize that **YOU must** shed both the physical *and* the mental weight. This helps to control and change negative, fat stimulating Mental Conditions and Cerebral Situations. This results in permanent Weight Control and realistic Weight Loss. This leads to a trimmer, slimmer **YOU**.

You may be trim and slender. On the other hand...you may be burdened with considerable mental weight...i.e., The Fat Between The Ears© Dr. Schiff emphasizes that “The pathway to the body is through and within The States Of Your Mind.” Change Your States Of Mind...Change Your Weight!

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