

MENTAL CONDITIONS AND SITUATIONS

Fact or Fiction?

The Weight Thinker's Program explains and emphasizes how Mental Conditions and Situations relate to, interact with, affect and change your Physical State. Difficult, distressed, uncontrolled negative Conditions and disturbed, unmanageable, confused, fattening Situations lead to the overweight state. Unwanted pounds and increasing fat deposits eventually lead to an obese state. This physical Condition and Situation is often the inception of disease and the forerunner of a number of medical problems.

The in-depth, special and enlightening information about weight control (hunger, mind and thought control) enables you to generate inner power and increase your ability to shed unwanted pounds permanently. Following is an overview of benefits that can be obtained by using and applying the information included in the Weight Thinker's Program:

- Modify and eliminate negative, weighty behavioral patterns
- Change and improve your lifestyle
- Increase your ability and capacity for self-empowerment
- Cope with mixed, erratic emotions and disturbed, confused feelings without the use of a crutch
- Set and reach your goals
- Stimulate and develop self-awareness
- Achieve self-realization, self-understanding and inner fulfillment
- Uplift and improve the quality of your life
- Understand and upgrade the characteristics, traits and dimensions of Your Inner Self or Being
- Clearly visualize the magnitude and depth of Your Total, Complete Being
- Shed both the physical and the mental weight; that is, The Fat Between The Ears™

The above information is a clear indication and understanding that the fundamental and major problem leading to "Fattening Mental Conditions and Situations" is YOURSELF.

The overweight individual is frustrated by repeatedly going on and off a diet. Dieting is the road to endless frustration and repetitious failure regardless of the method or plan used. Mental Conditions and Situations originate in the head and are part of an inner or internal cerebral process. The key to normal body weight is to eliminate The Fat Between The Ears™. This leads to the logical and sensible conclusion that excess weight and unwanted pounds is not the problem. The basic concern is one's state of mind, mental programming and conditioning, Mental Conditions and Situations, mind set and lifestyle. Unfortunately, this important and essential information is unknowingly and unintentionally overlooked and not fully considered.

It is well-established that mental weight has a direct relationship to physical weight. This fact is manifested and revealed or presented through the study of physiology, body chemistry, philosophy, psychology, health and nutrition; also through the experiences and frustrations of countless overweight individuals. Nonetheless, the dynamic, influential relationship and the powerful weighty connection between The Inner Being and The Outer Physical Self must be thoroughly understood. Untoward relationships and powerless, faulty mental connections lead to negative thinking habits and fattening eating habits.

The Weight Thinker's Program is a sensible, easy to follow plan that helps to eliminate both the physical and the mental weight. This Program helps to modify and change Mental Conditions and Situations. Moreover, this Program allows you to improve inner behavioral patterns, influential personal traits and human characteristics that are important aspects of **“YOUR BEING.”** This comprehensive, all-inclusive plan encompasses mind, spirit, and body. Also, a major aspect of the program is to formulate and develop a firm, understandable, permanently binding relationship and connection between positive Mental Conditions, slenderizing Cerebral Situations, the states of your mind and your total being.

The Weight Thinker's Program presents an easy to follow plan or road map in addition to individual guidance, how-to directions and practical techniques for setting and reaching your goals. It helps eliminate the mental weight in order to efficiently and effectively melt away unwanted pounds. The program was designed and developed in order to assist everyone in learning about themselves without anxiety and needless concern about physical weight. The scales will move when you learn to move mentally. The weight will take care of itself if and when you learn to take care of yourself. A beneficial Weight Thinker's reward and bonus: The quality of life and enjoyment of living increases proportionally with your efforts and ongoing progress in this unique Program.