

MENTAL CONDITIONS AND SITUATIONS

An Overview and Understanding of Mental Activity

This all-inclusive, discerning, painstakingly accurate and profound Weight Thinker's Program (Weight Control/Weight Loss Plan) is thoughtfully and consciously established, attentively and mindfully developed, then carefully applied. It is formulated, produced and professionally presented for your knowledge, acceptance and benefit.

This thoughtful, comprehensive and mindful program is efficient, effective and important in content...also specific in purpose and direction. The Weight Thinker's Program is clear-cut, candid and readily understandable in its construction, reasoning and plan of action...reflective and forthright in its information, premises and conclusions...firm and decisive in its convictions...unambiguous, illuminating and dynamic in its ideas, notions and instructions...favorable and beneficial in its right-minded teaching principles, intellectual qualities and individual judgments...also accurate, precise and advantageous in its individual, singular and all-inclusive procedures.

This perceptive, carefully constructed and innovative Weight Thinker's Program is straightforward, enlightening, self-empowering, easily adaptable and self-rewarding.

The Plan is essentially subjective in nature...it is primarily about **YOU**. It provides a road map that permits you to set and reach your goal. It is far-ranging, widespread, pragmatic, efficient and self-gratifying. It will help you to change your thinking and your weight in an efficient and effective manner.

The Program is designed and developed with **YOU** in mind. It is a one day at a time approach or course of action that is easy to comprehend and follow. Thoughts, ideas and notions are accurately and reliably set forth for your well-being and enjoyment. This is A Plan for all seasons and many reasons!

Mental Conditions and Situations, however, are recognized as original, innovative, fundamental, definitive and conclusive in The Weight Thinker's Program. These Conditions and Situations are distinct mental characteristics or dimensions and specific cerebral traits that will be examined and dealt with throughout The Program.

The statement or expression that "excess weight and/or being overweight is a problem" is erroneous and misleading. **THE FACT IS...**"excess weight and/or being overweight" **IS NOT** a problem. **THIS FACT** has not been considered, explored and deliberated before. It is A **MATTER OF FACT** that is clearly spelled out...then carefully reviewed in an intelligible, understandable, succinct manner and a step by step, easy to follow procedure or method.

The realization and total understanding about the erroneous expression and inaccurate statement that “being overweight is a problem” demonstrates the importance and necessity for logical, accurate Mental Conditions and sensible, precise Cerebral Situations. These Mental Conditions and Situations are explored, defined, simplified and clarified throughout this Weight Thinker’s Program.

The Weight Thinker’s Program is illuminating, enlightening, uplifting and self-empowering. The information is designed for your individual use, appreciation, enjoyment and benefit. Therefore, Mental Conditions and Situations are defined and separated from a frame of mind and a belief which inaccurately designates and erroneously characterizes the notion that “being overweight is the problem.” Mental Conditions and Situations; moreover, explain and correct the inaccurate premise, the incorrect opinion and the false conclusion that “being overweight is a problem” is a mistaken inner relationship...also an inaccurate connection to your lifestyle and “**YOUR BEING.**”

This special and unparalleled Weight Thinker’s Program helps eliminate both the physical and the mental weight. It is an unusual, one of a kind and incomparable Weight Control Plan...original and distinctly effective both in use and application.

It is important and interesting to realize that This Total Program is relevant, beneficial and applicable to **EVERYONE!** It is practical in content and different in guidance and direction. It is productive and rewarding in its implementation and overall results. It is a step by step, one day at a time, unique approach that uplifts, empowers and improves “**YOUR COMPLETE BEING!**” It is a Plan for all seasons and many reasons.

This revealing, enlightened program is holistic and complete – it includes Mind, Spirit, and Body. It is a foolproof and successful method. Learn to make **YOURSELF** a more successful, trimmer, slimmer individual by using and applying this all-inclusive Plan on a day by day basis.

The primary and important considerations of “**YOUR TOTAL BEING**” – the accurate positioning, direction and progress of Your States Of Mind relative to your internal and external environment – the formulation, development, concentration, motion and flow of mental power, force and strength usually reacts in a positive, beneficial manner. These dimensions, characteristics and factors affect personal problems, lifestyle, States Of Mind...and Your Physical Self. These factors and considerations are modified by clear, uplifting, easy to follow and manage Mental Conditions...also by understandable, advantageous, correct and precise Cerebral Situations.

A **CONDITION** and A **SITUATION** in its totality or completeness elicits a definite, unambiguous, clear inner or mental response. This total, definitive response is affected and modified by personal characteristics, human traits, cerebral dimensions, emotional changes and

different lifestyles. This sets apart, molds and defines Your Inner Self or “**BEING.**” This action, in a reciprocal or back and forth manner, modifies and changes the nature of human traits, characteristics and psychological (mental) dimensions. This limits, defines, modifies, changes and establishes Specific Mental Conditions and Definitive Cerebral Situations.

Significant, revealing how-to directions and techniques, books, manuscripts and tapes contain important and illuminating thoughts, ideas, how-to directions and techniques. This extensive, enlightening material and information is skillfully used and applied in this all-inclusive Weight Control Program. This special instructive, educational material generates and produces mental/cerebral energy, power, force and strength in order to cope with erroneous, unsatisfactory, questionable thoughts and ideas. This affects your physical state. It also modifies and changes “Weighty Conditions and Situations.”

It is fundamental and essential to deal with and resolve the unrecognized and unexplored question...Is it hunger or is it appetite; that is, false hunger? Knowledgeable, revealing and accurate Mental Conditions and Situations help you understand and resolve this question.

It is important and helpful to ask yourself the important, revealing and profound question: “Is it true hunger (physiological/metabolic) or is it false hunger (appetite) that I’m experiencing?” Learn to feed and satisfy your actual, physiological, true hunger. Learn to identify and control your appetite or false hunger. But...“Food For Thought” is gratifying, mentally nourishing...and non-caloric. And...it eliminates unwanted pounds.

Following are the essential building blocks, “weighty characteristics,” important fundamentals and ingredients that contribute to the development and make-up of Mental Conditions and Cerebral Situations: a direct, accurate road map and a singular, fool-proof guide that allows you to elevate, improve and change your lifestyle – an organized, sensible and logical approach to permanent weight control and weight loss – a practical, flexible and effective method that modifies and changes your inner or internal behavioral patterns – intellectual contemplation (logical and sensible thinking that empowers Your Subconscious Mind to generate and form slenderizing images) – the use and application of mental energy and power located within and between The Mental States Of Your Subconscious and Conscious Mind – visualizing in order to see with “The Mind’s Eye” or “The Eye Of The Intellect” – intelligent and objective speculation (abstract logical thinking and unbiased deliberation) – mental rumination (putting on one’s thinking cap) – cogitation (using one’s head) – cerebration and meditation (weighing the pros and cons of Mental Conditions and Situations) – enlightened, readily perceived, clear and explicit thoughts, ideas, notions and beliefs – knowledgeable and understandable ideas – well-founded, deep convictions, persuasions and opinions – heightened and sustained sentiments – accurate, illuminating brainwork, reflection and meditation – mindful consideration and careful internal calculation in order to set and reach your goal – attentive, conscious awareness – consideration and recognition of Mind, Spirit and Body – appreciation and unbiased convictions of **YOURSELF** – complete, fair-minded analysis, perception and understanding of logical and

sensible decisions regarding weight control, weight loss...and **YOURSELF** – fathomable cerebral programming and conditioning – exact how-to directions and revealing, useful weight loss techniques for permanent success – precise Inner and Inter-States mental/cerebral activity and action – mental/cerebral procedures, activities and actions that stimulate, elevate and increase the extent of your imagination – adaptable, constructive, acceptable behavioral patterns – a closely connected but open-minded and receptive thinking process – crystal clear, readily perceived and distinct mental images and pictures – desirable, uplifting, successful and slenderizing Mental Conditions and Situations which allow you to set and reach your goal.

It is factual that these mental characteristics, human traits, individual cerebral dimensions and building blocks unite or combine with deep, disturbed, erratic emotions and troubled, distressed, confused “fattening feelings.” This undesirable union and “fatty connection” causes questionable, negative and “fattening thinking habits.” This “weighty mental activity” eventually leads to incorrect, fat-producing eating habits and unwanted pounds.

Insight, self-understanding, logical and sensible thinking habits, self-revelation, internal conditioning, positive inner programming, improved individual characteristics and traits, specific and enlightening learning procedures...also an improved and uplifting lifestyle promotes and establishes specific, accurate, advantageous and dynamic Mental Conditions and Situations. This forceful, unlimited mental activity and dynamic cerebral action leads to a closely connected association and a firm linkage; that is, a slenderizing relationship and bond between “**YOUR INNER BEING**” and Your Outer Self...between Mind, Spirit, and Body. This positive relationship pays off in pounds off!

The aforementioned mental activity, action and closely-connected, energetic, positive reaction requires considerable effort, thought, self-evaluation and profound understanding. The constructive, slenderizing effect of this mental/cerebral action and activity leads to enlightenment and inner- or self-empowerment...increased, sustained internal power and mental strength...weight control...hunger control...mind and thought control...self-control. Learn to control!

A firm, precise, unambiguous and unlimited desire...also a steadfast determination and unyielding conviction in setting and reaching a goal is necessary in order to generate and produce adequate motion and flow of cerebral energy, power, force and strength. This important mental action and slenderizing activity is essential and instrumental in achieving a sensible, improved and slenderizing lifestyle.

An effective mental connection and productive “cerebral bonding” requires uninterrupted effort...also efficient and effective cerebral activity such as: logical thought patterns – knowledgeable, practical and informed self-analysis – brainwork including mental imaging and picturing – the daily use and application of special self-help material that is readily available, extremely important and absolutely essential in this all-inclusive Weight Thinker’s Program – the

development and efficient management of complete, unambiguous and advantageous Mental Conditions...also of illuminating, and slenderizing Cerebral Situations – a willingness, definite and clear commitment to expend the time, effort and energy...then use and apply the information, how-to directions and techniques in order to elevate, improve and change your lifestyle forever – controlled cerebral energy, power, strength and force that allows you to understand, formulate and develop a firmly united and permanently binding connection between positive Mental Conditions, slenderizing Cerebral Situations and Your States of Mind...including **“YOUR TOTAL BEING.”**

Follow directions. Make corrections. Change connections...Shed unwanted pounds permanently!

The mistaken thought that “being overweight is the problem” necessitates deliberate, sincere reflection and analysis together with careful consideration, reasoning and self-examination. Develop a clear understanding about the close relationship between Your Inner States and Your Outer Physical State. This allows you to shed both the physical and the mental weight (The Fat Between The Ears™). This produces effective and efficient “Mental Statesmanship.”

The widely accepted notion that “unwanted pounds is a problem” is incorrect, self-defeating and confusing. This misleading statement fails to consider and include important human traits, characteristics and mental dimensions such as knowledge, learning, conditioning and programming, self-understanding, self-realization and personal achievement, individual empowerment, mind and thought control...and much more. Therefore, there is no sharply-defined purpose, clear-cut intent and logical consideration to be found in the expression that “overweight is the problem.” This mistaken expression is incorrect, pointless, unproductive, confusing and self-serving.

The indecisive, problematic thought and “fattening connection” between extra pounds, Mental Conditions and Situations is misstated and misleading. Develop and establish a definitive or explicit slenderizing cause and effect relationship and connection about specific personal Conditions and exact Situations that relate to **“YOUR TOTAL BEING.”**

The inaccurate statement or expression in question is without merit and lacks personal fulfillment...especially when formulating and advancing reasonable principles which lead to important, non-fattening Mental Conditions and successful, slenderizing Situations.

The commonly shared premise that “extra pounds is the problem” is an erroneous and unsound conclusion. This misleading statement and belief does not take into account the special qualities, fundamental building blocks, essential and mindful dimensions, traits and characteristics that are necessary for the development, use and application of improved Mental Conditions and advantageous Cerebral Situations.

The unfounded premise and ambiguous thought concerning “excess baggage,” Mental Conditions and Cerebral Situations is counter-productive and frustrating when attempting to cope with, manage and completely eliminate negative Conditions and “Fattening Situations.”

The inadequate and mixed message in question does not concern itself with positive and beneficial mental/cerebral activity, action and direction. Clear-cut descriptions, understandable explanations, sensible and practical information about “Weightless Mental Conditions” and slenderizing Cerebral Situations are necessary in order to develop a clear, firmly-connected “weightless relationship” and sound connection between Your Inner and Your Outer Self or **“YOUR BEING.”**

“KNOW YOURSELF!”
“DO FOR YOURSELF!”
“IMPROVE AND CHANGE YOURSELF!”
“SHED EXTRA UNWANTED POUNDS FOREVER!”

The expression and statement that “extra pounds is a problem” is often set forth in order to satisfy an imaginary need; to accommodate and justify a false belief...perhaps to make bearable negative emotions and “fattening feelings.” It is frequently advanced in order to support an unrealistic, illogical opinion and a doubtful conviction. Fundamentally and most certainly...this inconclusive, vague statement is without rhyme or reason.

The expression and statement in question concerning excess weight and individual problems is a non-essential, incompatible, illogical and “fattening thought.” It links extra pounds to arbitrary personal considerations. It attempts to connect “excess baggage” to a personal Condition and a subjective Situation. This notion is often suggested in order to moderate, pacify and alleviate uncontrolled events and experiences...also as a substitute for unrealistic, unattainable wants and desires. This statement is frequently presented in order to assuage and ease Mental States Of Mind, to cope with and modify downgrading Conditions and negative Situations, to lighten the frustration of “Fattening Conditions and Situations...” and more. You can’t talk to your fat cells...but you can learn to think about, understand, undo and redo for **YOURSELF**. Change directions...Change connections...Change your thinking...Change your weight!

The common and thoughtless expression that “being overweight is the problem” is indefinite and unclear. It avoids the real problem and issue...**YOURSELF!** It doesn’t include the unrealized and important aspects of **“YOUR TOTAL BEING”** such as: the source of a problem – the reason for inadequate inner power and diminished force – the lack of sufficient mental energy and cerebral strength – the difficult, uncontrolled Conditions and unmanageable, discouraging Situations that increase and accelerate a problem – the depth and degree of disturbed, erratic emotions and feelings that intensify and deepen a problem – unfavorable and

undesirable human traits – individual “fattening characteristics” and internal dimensions that allow a problem to escalate and continue – the questionable or doubtful Conditions and uncertain Situations of Your Inner Self or “**BEING**” that essentially are the basis and origin of individual problems.

You can visualize and know the basic or primary cause of a problem by looking in a mirror. But...first direct your undivided attention inward and look into “the mirror of your mind” in order to visualize, imagine and see Your Inner Self or “**YOUR INNER BEING**” with “The Mind’s Eye” or “The Eye of The Intellectual State of Your Mind.” Moreover, it is revealing, factual and undeniable that the identified and clearly-defined problem concerning **YOUR TOTAL SELF OR “BEING”** is...**YOU!**

Be true to and level with **YOURSELF!** Learn about, help and **DO FOR YOURSELF!** Make **YOURSELF** a weight thinker, doer, loser...instead of a weight watcher. Change your thoughts...Change your lifestyle...Change your weight!

There are many “Weighty Conditions” and self-serving “Fattening Situations” that are neither carefully examined nor made crystal clear in the poorly considered and erroneous statement in question such as: difficult to manage events and experiences which affect attitudes and behavioral patterns – mentally draining sentiments together with their demanding, often inadequate responses – disturbed, erratic emotions – confused, distressed and “fattening feelings” – unsettled, overwhelming “Fattening States Of Mind” – uncontrolled reactions to endless wants and deep, unrealistic, inaccessible desires – disappointing occurrences and circumstances that minimize and limit your ability to shed those extra unwanted pounds permanently – lack of self-understanding and self-realization – failure to recognize negative “weight-bearing images” – contentious, misunderstood and compelling developments that result in unstable “fattening inner or internal relationships and mental connections” – lack of individual integrity and confused personal convictions – decreased inner energy, power and strength that is needed to gain insight, uplift, empower, improve and change Your Inner Self or “**YOUR BEING.**”

Change your thinking...Change **YOURSELF**...Change your weight!

Meditate, visualize, reflect upon and imagine Your Inner Self or “**YOUR TOTAL BEING**” in order to determine, cope with and control the underlying and actual problem... **YOURSELF!** Focus and channel your undivided attention, spontaneous thoughts and automatic reflections inward or internally. Look, imagine and visualize within Your Self. Think before, during and after any activity including meal time.

Deep mental activity (visualizing, imagining) often reveals questionable, confused Mental Conditions and Situations. This helps to recognize and eliminate these adverse, uncontrolled, self-defeating Mental Conditions and frustrating, negative, “Fattening Situations.”

Positive mental activity and action “opens up and illuminates your mind,” thus permitting you to access your The Inner States Of Your Mind. It stimulates and enhances The Imagination. It allows you to perceive and discern Your Inner Self through “The Mind’s Eye.” This Mental Visualization, Cerebral Activity and Action is characteristic of The Intellectual State Of The Subconscious Mind. You can light up your life forever!

Mental visualization and imaging automatically generates “mirrored or reflected images.” These images are spontaneously projected onto “a mental screen” within The Subconscious Intellectual State Of Your Mind. These “mirrored or reflected images” are instantly transported and transferred by dynamic cerebral energy, power and force to The Conscious State Of Your Mind. Adjust Your Mental Screen...Adjust Your Thoughts...Change Your Mind...Change Your Lifestyle...Change Your Weight.

The specific dynamic action of this energy and power produces motion and flow of these “mirrored, reflected images.” These moving images are automatically transferred...then projected onto “an imaging screen” located within The Conscious State Of The Mind.

This mental visualization and imaging is the equivalent of Mental Vision; that is, seeing with “The Mind’s Eye” or “The Eye Of The Intellect.” This cerebral action can be viewed as “using your head” by eliminating The Fat Between The Ears™.

The capacity, ability and power to visualize, imagine and see with “The Mind’s Eye” or “The Eye Of The Intellect” helps to develop insight...to achieve self-understanding and self-realization. Infinite inner power is generated and developed in a reciprocal or back and forth manner. This power regulates and controls “**YOUR BEING.**” This leads to mind and thought control...hunger control...eventually weight loss. Mental Conditions and Situations influence and modify this visual activity and mental action. This process melts away unwanted pounds forever.

It is essential to develop inner or mental (intellectual) awareness in order to recognize the dynamic activity and specific action of Cerebral Conditions and Situations. These Conditions and Situations impact upon and change the capacity and ability of Your States Of Mind to function effectively and efficiently. **IT’S All In The States Of Your Mind!**

This is A Stately Weight Thinker’s Program. Have some food...but first have some thoughts; that is, food for thought...non-caloric. Develop and improve Your States Of Mind. Become the leader and beneficiary of “Your Stateliness.”

Change your thinking...Change Mental States...Change **YOURSELF**...and Change your weight!

The confusing statement and erroneous expression that “being overweight is a problem” is universally repeated and, unfortunately, generally accepted. However, the cause and effect factors, negative personal relationships and faulty connections produce and lead to “extra baggage.” These cause and effect factors are generated by undisciplined, inconclusive, downgrading Mental Conditions and difficult, unmanageable, disorderly and “Fattening Cerebral Situations.” These undesirable Conditions and Situations also lead to and produce mental weight.

Fifty-five years of research...of exceptional, informative, enlightening and incomparable experience, of unlimited and profound mental exploration has helped me develop an awareness, understanding and recognition concerning words and thoughts [psycho-semantics]; also emotions, feelings, mental states, intellect and intelligence, cerebral energy and power, The Will, attitudes, behavioral patterns, lifestyle...and much more.

The generally accepted thought and notion that extra unwanted pounds produce negative, undesirable Mental Conditions and Situations is a false premise and erroneous conclusion. The wherewithal to define the actual problem and to achieve a satisfactory permanent solution is found within **YOUR INNER SELF** or **“YOUR BEING!”**

Informative, constructive, self-empowering Conditions and uplifting, self-revealing Situations concerning events, experiences and lifestyle changes are internally beneficial and externally slenderizing. This allows you to acquire and apply knowledge, to achieve self-understanding and self-realization...to develop infinite mental power and inner strength...to enjoy permanent weight control...and to assure a more slender **YOU**.

Precise, discernible Mental Situations and clear, revealing Cerebral Conditions help to understand, cope with and control emotions, feelings, behavioral patterns, attitudes and lifestyle. These are instrumental in formulating “non-fattening thoughts...”developing accurate, important ideas...also establishing, using and applying advantageous, slenderizing notions.

Improved, illuminating, uplifting Mental Conditions and Situations influence the efficiency and effectiveness of inner activity and internal action. Importantly...affirmative Conditions and favorable Situations regulate, change and control your outer physical state. Also, Positive Conditions and slenderizing Situations help to shed extra unwanted pounds permanently.

Mental Conditions and Situations are an important dimension of **“YOUR TOTAL BEING;”** that is, Mind, Spirit, and Body. **IT’S** All In The States Of Your Mind. Make **YOURSELF** “super-stately,” capable, successful, physically and “mentally slender” by eliminating both the physical and the mental weight.

Difficult, defective, self-limiting Mental Conditions and negative, deficient “fat-stimulating Situations,” in essence, are generated by uncontrolled, disturbed, erratic emotions and

deep, distressed, confused “weight-bearing feelings.” But realize that it’s emotional with everyone. Learn to control your emotions and understand your feelings!

Mental Conditions and Situations are often not discernible at a conscious level. They are stimulated and developed by unaware, uncontrolled Sub-Conscious States Of The Mind. They are difficult to recognize, understand, cope with and change. Change Mental Conditions And Situations...Change your thinking...Change **YOURSELF**...Change Your Weight!

What are the major factors, mental dimensions and internal characteristics that identify, set apart and explain what A CONDITION is all about? Continue onward and you will see.....

A CONDITION, in and of itself, requires the generation and production of internal energy...also the adequate motion and flow of inner power, force and strength. This activity and action occurs spontaneously within the uncontrolled, automatic State Of The Subconscious Mind. It is then transferred to The Will of the aware, controlled Conscious State Of Your Mind. “Mental Stateliness” is beneficial and slenderizing. It is significant and valuable in many areas of your life! And...it pays off in pounds off.

A constructive, clear, unambiguous Condition increases awareness and perception, self-understanding and self-realization, inner control and permanent weight control...hunger control...mind and thought control. It heightens your capacity, ability and power to visualize, imagine, comprehend, think and **DO** in a logical, sensible, down to earth and “slenderizing manner.”

It’s what you do or don’t do – how you do it or don’t do it – that really counts. **UNDO AND REDO FOR YOURSELF!** This helps make **YOU** extremely successful...with you know who. Also, it decreases physical and mental weight...and it increases Your Happiness Spectrum.

A CONDITION automatically impacts upon and affects The State Of The Mind from which it originated. This reciprocal or alternating Condition helps to influence and change your thinking patterns and your inner or internal behavior. These same Conditions also eliminate confused, distressed, unmanageable and “Fattening States Of The Mind.”

Affirmative, constructive, elevating and understandable Conditions stimulate positive mental activity and increase slenderizing cerebral action. This energizes, vitalizes and improves “**YOUR INNER BEING...**” resulting in efficient, effective, permanent weight control...hunger control...mind and thought control. This leads to Mental Illumination and Self-Enlightenment – also a lighter **YOU**. Only **YOU** can light up your life!

Mental Conditions develop and progress over a considerable period of time. They increase, advance and unfold through practical and sensible planning...also heightened and well-

maintained internal control. It is significant and influential to learn about and develop self-control...mind and thought control...hunger control! Learn to control!

A **CONDITION** is supported by clear, practical, level-headed and accurate thoughts, ideas, notions, States of Mind. Make **YOURSELF** an accomplished “Person of States.” Achieve your goal and apply for the position of Secretary of States. It’s a reputable, uplifting and gratifying position. Again...it pays off in pounds off. Could you ask for anything more?

Repetition, followed by careful and accurate use and application of informative and special self-help material, is a significant part of this all-inclusive, revealing and elevating Weight Thinker’s Program. Repetition is essential in order to use, apply and successfully administer this slenderizing Weight Thinker’s Plan. This established method and organized mental/cerebral procedure is known as programming and conditioning the mind.

Many desire to modify and change recurrent Mental Conditions that are undisciplined and uncontrolled, emotionally disruptive, physically and mentally fattening. They often fail to achieve their goals – to fulfill wants and realize their desires. They foolishly turn to a useless crutch such as food in order to minimize or alleviate undesirable “fattening feelings.” They rationalize and offer excuses. Such difficult, discouraging cerebral behavior is counter-productive and physically fattening.

“Fat-Stimulating Activities” and self-defeating actions must be controlled and eliminated in order to understand, cope with and reverse downgrading, negative Mental Conditions that result in unwanted pounds...and The Fat Between The Ears™.

An inadequate and confused Cerebral Condition does not allow you to understand and cope with unfavorable, denigrating, disruptive, self-defeating, “fat-stimulating emotions and feelings.” This ultimately leads to undesirable “fattening behavioral patterns.” Unfortunately...food is readily available and eventually becomes a repetitious, useless and fat-producing crutch. The Diet Game. The On-Off Game. And...The Wheel Of Fortune Cookies spins round and round. Also...the weight goes up and down. The Yo-Yo Game. The See-Saw Game.

What constitutes and characterizes A **SITUATION**? The following easy to follow, step by step explanations, revealing thoughts and specific information provides the answer.....

A **SITUATION** in and of itself includes thought modification and internal transformation, individual operating methods and self-improvement techniques. It also involves careful mental preparation, inner conditioning and internal programming. This leads to self-understanding and self-realization; also, an increased willingness, capacity and ability to function effectively, efficiently and “slimmingly.” This influences your external “Weighty Situation.”

A SITUATION develops from personal experiences, enlightening and accurate information, specific and productive how-to directions, understandable, uplifting and slenderizing self-help procedures and techniques. Improve YOUR SITUATIONS!

The correct use of uplifting, enlightening and self-empowering cerebral qualities – the competent and knowledgeable application of explicit how-to directions and effective weight loss techniques – the accurate direction, daily use and application of definite, clear-cut and easy to follow mental pathways – the precise and errorless course of inner action and the accurate direction of internal activity, together with mental/cerebral programming and conditioning, helps to set and reach a goal. Ours is a goal-oriented society. Will you achieve your goal?

A Cerebral Situation that is clearly defined and thoroughly understood leads to controlled, slenderizing mental action, to beneficial, enjoyable and enlightening cerebral activity. This results in effective, efficient inner or internal power and dynamic influential thought management...also permanent weight control. This activity and action requires substantial internal energy, unlimited inner power, mental strength and force...also the accurate, constructive supervision and efficient, conscious or mindful use and application of effective and slenderizing thoughts, notions, ideas and special information.

The progress and forward direction of the primary aspects and major considerations of Cerebral Situations affect the development and extent of cerebral activity, action and self-improvement...the establishment of desirable individual characteristics and human traits...also the creation of uplifting and positive personal values. These Situations stimulate, regulate and advance mental development, cerebral progress and permanent, effective weight control. This, in turn, elevates and improves inherent, ingrained human characteristics, personal dimensions and traits...and individual behavioral patterns. This results in a lighter **YOU**.

Change your thinking...and eliminate unwanted pounds permanently!

Understandable, informative, constructive Situations are responsible for an enlightening, successful and slenderizing approach to **“YOUR TOTAL BEING.”**

The fundamental aspects and useful building blocks of Mental Situations generate and produce unlimited inner energy, power and force. The adequate motion and flow of this inner energy, power, strength and force...together with visualization and the imagination...creates definitive, perceptive mental images and clear, revealing, slenderizing cerebral pictures.

Inner or Internal Situations establish and control the level and extent of mental/cerebral activity and action such as: the buildup, progress and advancement of clear-cut, explicit and accurate information – the origination and enhancement of “fat-liquidating properties” – the evolution, development and improvement of individual behavioral patterns, personal qualities and distinctive mental/cerebral variables, characteristics and mental dimensions – the

recognition, consideration and appreciation of thoughtful, mindful intellectual values – the modification, growth, use and application of informed how-to directions and slenderizing self-help techniques.

Mental Situations that are carefully constructed...practical, easily understood and precise...are mindfully and thoughtfully generated, cautiously developed and accurately produced. These Situations are responsible for the uplifting, enlightening, improved and successful progress of **“YOUR COMPLETE BEING.”**

You must learn to change your mind, your lifestyle and your Mental Situations day by day in order to change your thinking habits and control food intake. Change Your Thinking...Change Your Lifestyle...Change **YOURSELF**...Change Your Weight. This is a program for inner and outer Change!

Cerebral Situations that are undesirable, confusing, physically and “mentally fattening” can be reversed, transformed and converted into understandable, easy to handle and slenderizing Situations. This positive, uplifting, enlightening mental activity and carefully planned cerebral action stimulates, uplifts, energizes and empowers Your Inner Self. These Mental Situations lighten and change Your Outer Physical State. This, in turn, increases your life span. It heightens and empowers **“YOUR INNER BEING.”** And...these are enjoyable, effective, productive and “Weightless Situations.” What is Your Situation? Improve your Mental Situations.

Productive, slenderizing and advantageous Mental Situations are spontaneously generated and developed by comprehensive, dynamic, sensible and influential thoughts, ideas, notions, behavioral patterns, lifestyle, cerebral programming and conditioning. These clear-cut, readily understood methods and explicit, positive, slenderizing procedures originate and develop within the deep recesses of The Subconscious Mind.

These Mental Situations and Methods are the beneficial, uplifting self-help techniques and the supportive, enlightening procedures that are part of The Weight Thinker’s Program. These Situations can readily degenerate from an effortless, productive and slenderizing activity into a frustrating, unproductive and “Fattening Situation.” Such activity and action affects Your Inner States and changes Your Outer Physical State.

You can improve, uplift and change undesirable Mental Situations. This is accomplished by learning to understand, cope with, **UNDO AND REDO FOR YOURSELF**. These Cerebral Situations allow you to normalize negative, depressed, erratic emotions and control confused, disturbed “fattening feelings.” Change your thinking and improve your lifestyle forever. Change your thinking and shed unwanted pounds permanently!

Emotions and feelings are important inner or internal considerations that affect Your Physical State. **IT'S** All In The States Of Your Mind! Make Yourself "Stately" and controllable. Make Yourself the best "States Person" possible – it's a Stately thing to do.

The foregoing highly informative, illuminating, self-revealing and slenderizing information is part of a road map, plan and guide that allows you to set and reach your goal; that is, to eliminate The Fat Between The Ears™ while shedding extra unwanted pounds permanently.

Enlightening, self-empowering, slenderizing Mental Conditions and Situations are the forerunner of United States Of The Mind. The pathway to the body is within A State and between The States Of Your Mind. Make yourself "States Conscious" about Your Mental Conditions and Situations. Develop, improve and elevate your Mental States forever!

Learn to understand, **UNDO AND REDO FOR YOURSELF**. This allows you to successfully change and permanently connect Your States of Mind. Make **YOURSELF** Stately...personally responsible (dependable) and individually responsive (open-minded).

Change directions...Make corrections...Change connections.

Change Your Thinking...Change Mental Conditions and Situations...Change Your States Of Mind...Change Your Lifestyle....**CHANGE YOURSELF**...and Change Your Weight!

It is sensible and desirable to shed unwanted pounds permanently by using and applying the all-inclusive, special and clear-cut information presented in this one of a kind Weight Thinker's Program. As an added and significant bonus you will also shed mental weight; that is, The Fat Between The Ears™.

Moreover and most important, **YOU WILL ENJOY MORE OF LIFE!**

HERE'S TO LIFE! HERE'S TO YOU!