

## Slimming Starts In The Mind Free Chapter

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Slimming starts in the mind: So you are programming your brain – view. By. Jennifer Alvarez - 10/08/2019. 387. 0. Facebook. Twitter. Pinterest. WhatsApp. Two basic comments in advance. Firstly, Excess pounds are not a question of appearance, but rather symptoms of a health problem. So, it’s not about reaching a goal weight, but to be so ...

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I agree, slimming does start in the mind. If you can envision yourself as thin, you can become thin. If you regularly tell yourself that you are thin, while you are trying to lose weight, weight loss becomes easier. Of course, you have to make somelifestyle changes too. But, if you see yourself as thin, and you make the right changes, you will ...

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