

**GET IN TOUCH WITH YOUR
THINNER SELF**



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CONTENTS

[INTRODUCTION](#)

[THE TWO MINDS](#)

[THE ESSENCE OF HUMAN ENERGY](#)

[PRIORITISING YOUR DESIRE](#)

[THE FUTILITY OF AVOIDANCE GOALS](#)

[THE TRIANGLE OF WEIGHT LOSS](#)

[THE UNIQUE NATURE OF FOOD ADDICTION](#)

[THE LAW OF EXPECTATION](#)

END OF SAMPLE

INTRODUCTION

You can lose weight and keep it off for the rest of your life. This book will guide you around some of the hidden problems associated with being overweight. It addresses the areas that diet programmes don't deal with. It provides unorthodox solutions that when tried, become part of our thinking that brings us to an understanding and a new way of tackling this modern curse.

My conclusion from my work as a therapist and from my own experience of weight loss, is that we are dealing with a very complex condition suffered by millions of people worldwide. We are all unique and are motivated in many different ways. Methods that work for some won't necessarily work for you. You might discover a system suggested in this book that you have never thought of before; a system that will make all the difference to your success rate and your goals will be reached for the first time.

I have identified many elements leading to obesity and solutions to this disease. I believe if you follow the principles laid down in this book you will lose loads of weight and keep it off for life. My research has shown that diet and exercise are only two elements of weight loss. Our psychology and spirituality are just as important, especially when it comes to motivation. This book looks at all aspects but focuses more on the motivational side to losing weight. I hope you enjoy it and I am sure you will achieve the success you deserve.

THE TWO MINDS

We have two minds, a conscious mind and a subconscious mind. Our conscious mind informs us about what we want, and our subconscious mind tells us how to get it. Unfortunately most people don't trust their subconscious mind but rely on their conscious mind to do all the work. The conscious mind is influenced by external stimuli, which gives them superficial answers that are often in conflict with their deeper motivation. For example, when deciding to lose weight most people will hunt around for the next great diet or exercise programme in the hope that it will be different this time. They trust the results of some celebrity performer doing their jerks on a video or the writings of a nutritionist who has had a spot on a morning television programme. Both of these examples are handed to us in an external way. We feel by investing some money that this time the programme will work.

We have made no reference to our subconscious mind and checked with our core motivators. We have been sold a disaster, which leaves us heavier, further from our goal and that much older, giving up after just a few weeks. The issue is, not fully knowing what to do to become slim. Most people are aware that it is a change of lifestyle in terms of diet and exercise that will make the difference. The problem is how we motivate ourselves to change these things. This book will address this issue by going back to the subconscious mind to reveal the source of those inner conflicts that hold many in the bondage of obesity and distress.

THE ESSENCE OF HUMAN ENERGY

Energy is defined as the ability to do work. In our case the ability to lose weight. In science, potential energy is formed by position. Water at the top of a waterfall has potential energy because its position gives it the ability to fall to the bottom. A clock pendulum at the top of its swing has the ability to fall to the perpendicular. Electricity by its potential difference allows electrons to flow down a wire. Kinetic energy is energy formed by motion (action). As the water falls it increases its kinetic energy as it moves. A clock pendulum does the same thing.

Human potential energy is based on the same principle. Our potential is where we are positioned in our mind, in other words, our belief system. Do we truly believe that we are going to succeed? Our kinetic energy is based on what we do, our action, dieting and exercise. (Our behaviour)

To try to change our behaviour without changing our belief system is as futile as trying to drive a car at seventy miles an hour in first gear. Dieting and exercise only works if they feed into our belief system to motivate to further action. It is a loop that this book will address in many ways.

PRIORITISING YOUR DESIRE

A route into your subconscious mind and potential is through the understanding and shaping of your priorities. I imagine you have said many times that you want to lose weight. How nice it would be to be slim again as you once were and how well you would feel. How much do you really want it? Many dieters follow Mark Twain's comment on stopping smoking. He said in essence, "giving up smoking is easy, I do it every day." We kid ourselves that tomorrow everything will work out for the better but as soon as we are tempted, our motivation all goes down the drain. Losing weight is not something that we can half do. Poor motivation is no motivation at all. We need to make this task the most important goal of the next 6 to 12 months if we are to stand any chance of success.

How then do we prioritise this task above other aspects of our lives?

Write down all your desires and goals. Spend some time thinking what you want in life. Secondly, put those in order of priority. For example, say you had a goal to run in a marathon. You also had goals to get married, have a holiday in the tropics, get promotion at work or pay for your child to go to college. Which of these is most important over the next few months? Which is the second most important, and so on.

Once you have listed your goals, write down all the benefits to losing weight and compare that with your goal list. Will your weight loss help you run a marathon, make you more attractive to a potential lover, or help you get into a wedding dress or morning suit? As you link your desires in life to your weight loss, losing weight goes up the priority scale. Eventually you might find that it becomes the key to all you want in life. When you feel like this, you are psychology prepared for success. This is the time to change your eating habits!

THE FUTILITY OF AVOIDANCE GOALS

Avoidance goals are based on fear. People will avoid over-eating or under exercising to avoid a disease such as diabetes, heart attacks, strokes or cancer. The problem with avoidance goals is that fear is a negative emotion. We are well until we get sick. We don't want to think about being sick, so it stops us facing up to our obesity problem.

What specific fear is involved in sickness? Firstly it is fear of losing what we have, i.e. the love of a partner, mobility, freedom from medication, chronic sickness, loss of energy and happiness and fear of death. Finally, it is fear of pain, both physical and mental. If obesity leads to all this, why then do we continue to over-eat? The answer is twofold. Firstly, fear itself will stimulate us to crave certain foods. The second issue is the psychology of uncertainty. Over-eating **does not** guarantee sickness in the short term. Conversely, the satisfaction of sugars and carbohydrates **does** guarantee instant gratification. The brain will focus on what is guaranteed rather than what is not.

Let me give you an example to illustrate this point. Say you wanted to win the lottery. I offered you a one-day course explaining to you alone, a method that had a 100% guarantee that you would win it. I could prove this by showing you examples of people who had succeeded with my system. You would also be allowed to meet these people and they would give you further evidence from their lifestyle to prove they won it. Once you were convinced it works, I would then announce that the one-day course costs £100,000. How many people would do everything to try to raise that money knowing for certain that they will get their investment back with a lot more besides?

Now let's say I told you that I had a system that can work. I couldn't prove it, but it seemed from my lifestyle I was doing very well financially. I then tell you the fee for the course and immediately you would laugh and say, "Forget it," I am not investing £100,000 in something that might not work. Your curiosity might get you to part with £20 but little more.

This illustration demonstrates that uncertainty is a big de-motivator. The only time sickness and poor health persuade someone to lose weight is when they, or a close friend or relative actually gets sick. All the education in the world by health professionals will not convince people to lose weight long-term if fear is their only tool.

THE TRIANGLE OF WEIGHT LOSS

As you have already appreciated, there are three components to effective weight loss, diet, exercise and motivation. Other methods can be used such as medication and surgery. They are all options but for most of us the “The triangle of weight loss” is the best long term method.

If you take the triangle of fire as an example, there are three components for the fire to keep alight. These are heat, oxygen and fuel. Remove any one of them and the fire goes out. If you drench the fire with sufficient amounts of water, it will no longer burn. Remove the oxygen with a fire blanket the same will happen; it is also extinguished with a lack of fuel.

Diet, exercise and motivation - the three corners of the triangle of weight loss - are similar. Remove any one of these three and your weight loss will slow to a standstill.

My research has shown over and over again that people miss this point. They spend billions of pounds and a great deal of time learning different diets and weight loss programmes. They also commit to various exercise systems, and yet they lack long-term success. Why? The answer is simple; unsuccessful dieters are those who haven't invested in techniques to develop their motivation and commitment. Getting the brain in gear is as important as knowing what to eat and what exercise to do. This book will give you many methods of developing your motivation and convincing your brain to be persistent. Commit yourself today to focus on understanding and working on your motivation and success will come your way.

THE UNIQUE NATURE OF FOOD ADDICTION

Over-eating often is, or can become an addiction. By definition an addiction can be defined here as a desire to go on eating once you stop being hungry. Food exists to fuel our bodies and is measured in calories.

Calories are units of heat and give us energy. Food also provides us with the nutrients to allow all the cells, tissues, organs and systems to function properly in our body. The brain normally knows when the body has had enough food, as we feel full. However sometimes the wiring of the brain gets mixed up and makes us continue to eat despite being full. This is the addictive nature of food.

There are many other addictions including: alcohol, narcotic drugs, gambling, sex, cigarettes and even exercising. Many of these activities are ok in moderation but when they become obsessional, the problems really start. Good treatment, therapy and other medical and social interventions will help to kick these self-destructive problems.

Food however is different. We can live happy lives without alcohol, drugs or gambling and in some cases even without sex. However, we cannot live for long without food. With other addictions, the less we have to do with them the better are our chances of success. With food, when we start to lose weight we actually need to engage in it more. People think about food more when they are dieting than when they are not. They are constantly analysing whether certain foods are fattening or not.

Therein lies the paradox, the more you think about food, the more you might be tempted to eat it.

People who go on diets often end up by being heavier when the diet finishes than before they started. There two reasons for this. The first is that the body goes into survival mode and becomes better at storing fat. The second is that the mind becomes so aware of the change in diet and the deprivation of certain foods, that it craves these fattening foods all the more.

We need therefore to change our relationship with food and see it as a fuel, not primarily as a pleasure. After all, there are many other pleasures in life that will give us more long-term gratification. I believe by the end of this book you will have changed your attitude to food and by practicing some of the following techniques, your gratification will come from other quarters.

THE LAW OF EXPECTATION

There is a characteristic law of human intelligence known as the law of expectation. The law states that we get out of life, to a great extent, what we expect, and we expect what we are familiar with. Having success helps us to believe that success is possible, and leads onto greater success. Motivation is based on a belief, which in turn increases our level of expectation.

The point of this chapter is to help you to start to expect success before there is any evidence in the physical world. The fat person who starts to think of themselves as a thin person has gone 99% of the way to becoming thin. This is based on the methodology of the subconscious mind that cannot distinguish between fantasy and reality. We are ready to embark on a technique that will turn a fantasy into a reality just by convincing the subconscious that it is true. The use of this technique will raise our expectation and the continuous use of it will make us familiar and comfortable with expecting much more of ourselves.

How then do you apply the law of expectation? Firstly, you read this book over and over again until you are familiar with its concepts. Your subconscious will pick it up when you have read it, until you are bored with it. At this point you will start to believe the ideas behind the words. Secondly, you practice the techniques to motivation mentioned below until they are fully ingrained in your thinking. You will do them until they become an automatic activity, like having a bath, putting on the kettle or driving to work. This will override the subconscious habit of putting food into your mouth.

END OF SAMPLE

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