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The Thought Gym: Train The Mind...and The Body Will Follow!



Synopsis

Finally a “a book which succeeds in addressing the area most other diet, health and exercise books miss” your thoughts! What’s the same thing about every diet, health or exercise book you’ve ever tried?.....YOU! And have you noticed that time after time, you get the same results? Well, the reason is that you haven’t addressed the key to all change first. Your thoughts. Before trying to change your diet or embark on a new health regime, you must first look at changing the thoughts that go into your mind. Otherwise you almost guarantee a huge disappointment. The Thought Gym gives you workable and proven methods for addressing what goes into your mind, so that the results that you want are now achievable. Not only will you understand how to alter your thoughts, but you’ll understand how your beliefs and values shape your results, how language is vitally important to your success and also how to really make sure that the right motivation for you to succeed is in place from the start. The Thought Gym will give you tools, strategies and techniques to enable you to succeed where once you may have failed. Supporting the information you will get from reading this book are on-line guided support modules consisting of both downloadable audio support and video streaming, so it’s like the author is in the room with you helping you achieve your health dreams.

Book Information

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Customer Reviews

The Thought Gym arrived on my lap at the perfect moment in my life. I’ve been looking to improve the health side to my life for a while now and this book has certainly helped me to get on this path. I am a NLP practitioner myself and found the exercises easy to follow and powerful at the same time.

There are some fantastic chapters that are spot on such as the diet delusion, exercise and language, and I have incorporated the principles here into my own daily life. Great book for anyone looking to step forward in their physical lifestyle.

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The Thought Gym: Train the mind...and the body will follow! 7 BOOKS ON MENTAL POWER AND THOUGHT FORCE. THOUGHT-FORCE IN BUSINESS AND EVERYDAY LIFE; MEMORY CULTURE; DYNAMIC THOUGHT; THOUGHT VIBRATION; MENTAL POWER; ... OF LESSONS (Timeless Wisdom Collection) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Whats After Assessment?/Follow-up Instructions for Phonics, Fluency and Comprehension: Follow-Up Instruction for Phonics, Fluency, and Comprehension Templates For 95% Bar Essays: Reaching the 'A' grade on a law school exam or bar essay involves two simple things: Follow the template and second, follow it well. Las 21 Leyes Irrefutables Del Liderazgo [The 21 Irrefutable Laws of Leadership]: Siga estas leyes, y la gente lo seguirá a usted [Follow these laws, and people will follow you] Easy To Follow Guide To Needle Felting: A Quick Starter Guide from Corina's Curious Creations (Felting Easy To Follow Guides) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less! No Gym Needed - Quick & Simple Workouts for Busy Guys: Get a 'Fit' Body in 30 Minutes or Less! Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ...

training a puppy, how to train your puppy) Summary - The Girl on the Train: Novel by Paula Hawkins -- Story Shortened into 35 Pages or Less! (The Girl on the Train: Shortened version -- Book, Novel, Paperback, Audible, Movie) Famous Train Shading Volume 1: Train Grayscale coloring books for adults Relaxation Art Therapy for Busy People (Adult Coloring Books Series, grayscale fantasy coloring books) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition)

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