

CHAPTER ONE

Are You Ready To Be Slender for the Rest of Your Life?



Chapter One At A Glance

- You aren't alone—challenges we all face
- The biology behind our behinds
- Why this program is different
- Determine if you are ready and willing to change
- First, prepare for change
- Stop putting your life on hold
- A peek at your perfect life
- You have the power
- I dare you!
- Schedule and general instructions

The percentage of meals eaten or prepared away from home has increased more than 50 percent since 1970



What you're up against

Americans are among the fattest people on earth. Twenty-one million Americans over 60 will be obese in 2010, a 43 percent jump from 2000. Left unchecked, almost all Americans would be overweight by the year 2050.

Around the world, westernized people no longer eat as their ancestors did, or even as their parents did. Meals used to be prepared at home primarily using fresh foods and without adding much fat, salt, or chemical preservatives.

Today, most of us are too busy to prepare foods from fresh ingredients, so we purchase foods that are partially or fully ready to serve—foods processed with much added fat, sugar, sodium, and chemical additives.

The percentage of meals eaten or prepared away from home (restaurants, take-out) has increased more than 50 percent since 1970. Meals prepared outside the home are much higher in fat and sodium and lower in vitamins and minerals than home-cooked meals.

The challenges to losing weight are great, and there are many. Let us not forget impediments created by the food industry. Researchers at the University of North Carolina at Chapel Hill found the following:

- In 1977 the average fast-food hamburger weighed 5.7 ounces; in 1996, the average hamburger was 7 ounces, with 100 extra calories. (Hamburgers at non-fast-food establishments are now often smaller than 7 ounces.)
- During the same time period, sodas went from an average serving of 13 ounces to about 20 ounces.
- As of this writing in 2007, McDonald's medium fries have 380 calories and 20 grams of fat, and the large fries have 570 calories and 30 grams of fat.
- Homemade portions of most foods also have increased in size, with the average American eating 50 to 100 more calories per serving of each food (or upward of 500 additional calories each day) in 1996 versus 1977.
- Candy bars and snack foods also have been super-sized, with even the smallest packages of some including more than one serving. Most consumers, however, equate one package with one serving.

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Many restaurant meals are now super-sized. A serving of McDonald's French fries ballooned from 200 calories in 1960 to 320 calories (late 1970s) to 450 calories (late 1990s) to the present 570 calories! What was once a 590-calorie McDonald's meal is now a whopping 1,550 calories. ONE MEAL! And McDonald's marketing goal is for every fast-food eater to consume a McDonald's meal twenty times a month! McDonald's is not alone in this. Plates in restaurants have grown from ten inches to twelve inches to fourteen inches. At a Mexican restaurant in Long Beach, California, I was served a portabella mushroom fajita on two 12-inch platters!

Between 1970 and 1994, the USDA reports, the amount of food available in the American food supply increased 15 percent—from 3,300 to 3,800 calories or by about 500 calories per person per day. During about the same period (1977–1995), average individual caloric intake increased by almost 200 calories, from 1,876 calories a day to 2,043 calories a day. No wonder 65 percent of the population is overweight!

And of course, there are the holidays, social nights out, eating in airports while traveling, family events and the list goes on. So this is our culture—this is the food trance in which we live. Choosing to be slender for life is abnormal in our culture. The norm is to eat and drink what you want, when you want and in the quantity you want.



At this point in time, it is *abnormal* to be at a healthy weight. It is abnormal to eat fruits, vegetables and grains and to stop eating when your body tells you it has enough fuel.

If you choose to let go of the excess pounds, you'll likely have people around you who consciously or unconsciously try to sabotage you.

As reported in the *Seattle Post Intelligencer*, November 23, 2005, the Center for Disease Control and Prevention reports that the average adult male today weighs 191 pounds compared to 166 pounds in 1960, and is only half an inch taller. The average female weighs 164 pounds today, compared to 140 pounds in 1969 and is one inch taller.

The effects of this are all around us. Our cars have gotten bigger. Even the once 24-inch-wide coffin is being made wider and

reinforced to hold more weight. Stretchers are being enlarged and reinforced. Airlines are reacting to the dramatic increase in the weight of their passengers. The average weight of a traveler has increased over ten pounds in the last decade. As a result, airfares have gone up to cover the increased amount of fuel needed. In 2000 the extra fuel cost was calculated at \$275 million. Southwest Airlines now requires “customers of size” to buy two seats.



Obesity and the diseases associated with it were once relegated to kings and queens of Europe and the Alii of the South Pacific. **Today, we are a nation of gluttons. As Dr. John McDougall, MD would say, every breakfast has become Easter, every lunch and dinner have become Thanksgiving and Christmas and every bedtime a birthday party.**

journal exercise



Taking Stock

Journaling is a free and fun method of learning more about yourself and uncovering the underlying reasons why you do what you do. Think of it as peeling an onion—the deeper you go, the better the substance—and yes, there could be tears, but the good kind. The kind that signify you are getting at some core truths. Of course, your results will only be useful to the degree you are honest with yourself. Throughout this book you’ll find lots of suggestions for journaling topics, all designed to help you dig down to your true feelings about yourself, how you got to this weight, why you stay there, what will motivate you to change, your feelings about food and so on. I guarantee it will be a fascinating journey! If you are a visual person, consider buying a special blank book to use and colorful pens, etc. to make the process more fun. Some people find it helps to set aside regular times to journal—early in the morning or late at night often work well. Or how about during your lunch hour—instead of dessert?

Take a few minutes to get real with yourself and consider these questions.

1. How many times in the last 30 days have you over-indulged during a restaurant meal or gulped junk food from a fast food joint?

2. How many separate items of obviously unhealthy food currently lurk in your house, car, desk and anywhere else you've hidden it?

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(We'll get to the fine points of what constitutes healthy food in Chapter Five.) It's important to honestly confront and admit your current eating patterns before you approach any process of change. Documenting your present reality will also be useful when you compare your progress in the months ahead.

One client, reported back to me after doing this exercise. "Even though I had already started buying some healthier foods and thought I was doing okay, I was shocked at how many items of worthless nutritional value I had stashed in my cupboards. I'd convinced myself that because I bought them in a health food store, my lemon cookies were healthful. And I even had treats stuffed into the glove compartment in my car. I guess I do still eat a lot of crappy food!"

The biology behind our behinds

At least researchers are beginning to understand what's behind this massive epidemic. Extensive research continues to be conducted regarding the addictive qualities of food. Yes, food can be addictive. While I doubt that you've ever heard of anyone addicted to broccoli,

lettuce, carrots, grapes or bananas, people are easily seduced by foods that leave them out of shape and often in poor health.

In his book, *Breaking the Food Seduction*, Dr. Neal Barnard, M.D., tells us that whenever an experience provides more pleasure than expected, your brain releases a bit of dopamine, the brain's main pleasure-producing chemical. An unexpected food treat, a romantic flirtation—or anything your brain decides is a good thing—causes dopamine to lock onto your brain cells and build a *permanent* trace of where pleasure comes from. It keeps flavors, scents and



sexual experiences alive in your mind and makes you want to experience them again and again.

During our cave dwelling past, food choices were limited, and our pleasure centers did not have a particularly challenging job. All they had to do was help us distinguish between a sweet, juicy ripe peach and one that was rock hard and un-ripened. But today, sugary, fatty, mouth-watering foods are everywhere, ready to bamboozle our senses and take us off course.

Today, for some people, the pleasure center is open for business 24/7.



Chocolate, cheese, cookies and doughnuts all stimulate the same part of the brain that responds to heroin. It feels good and we want more.

This strong compulsive quality is the basis of an addiction. Would you rather have chocolate than sex? The same part of your brain that appreciates chocolate is also responsible for libido. When you eat chocolate, it stimulates opiate receptors in your brain and can become as habit forming—and what you may not realize—just as real as if you were addicted to narcotics.

So it's no wonder that releasing weight is a painful experience. Keeping it off takes ongoing effort. For some of us, our genetic predisposition is to seemingly gain weight just watching someone else eat that Krispy Kreme donut. I repeatedly hear, "I just want to eat like everyone else," or, "I just want to be like everyone else." Well, everyone else is overweight! To be at an ideal weight means living differently. It means eating and drinking differently. Our bodies were not created to eat high-fat, high-sugar foods and to sit at a computer all day and in front of the television all night. So with this harsh reality, how do YOU make changes in YOUR life when 65 percent of us are overweight?



There is a solution

You might be wondering exactly how does this program work? If you've been a veteran of the weight loss wars then you probably already know almost everything there is about taking weight off and



keeping it off. The problem lies in **DOING IT** for the rest of your life! Knowledge by itself just isn't enough for most folks. That's why lifestyle behavioral classes and support groups don't work for most people.

The sky is green and the grass is blue. Let yourself feel how unsettling it is to read something so out of line with your inner perceptions. Feel the conflict created when new input is so opposite from what you've been taught all your life. This is what makes habit change such a problem. It's why will is powerless over imagination. When your subconscious mind must choose between deeply rooted emotions and logic, emotions will almost always win.

You need a deeper kind of mental approach to make critical changes to habits you've spent a lifetime establishing. The Slender For Life™ Hypnotic Weight Management System has been designed to support and guide you through making these changes deep within your own mind's internal computer—your subconscious mind. This system is made up of several strategies, that when combined, form the foundation for successfully managing your weight for the rest of your life.

As the first step, you'll master the art of self-hypnosis.

The techniques presented for practicing self-hypnosis are very powerful and easy to learn.

Mastering these techniques empowers you to reinforce your healthy new lifestyle habits for the rest of your life, plus you can use these same techniques to make changes in any other area of your life.

Hypnosis allows you to bring previously unattainable goals into reach. Don't worry about how to do it—this technique in self-hypnosis is easy to learn and use. It's natural and completely safe.

The use of self-hypnosis allows you to retrain your mind to easily and effortlessly adopt the behaviors you desire. You will simultaneously replace your habits, beliefs and mental roadblocks that

prevent lifetime weight control. **When used correctly, you can use hypnosis to establish control by accomplishing the following:**



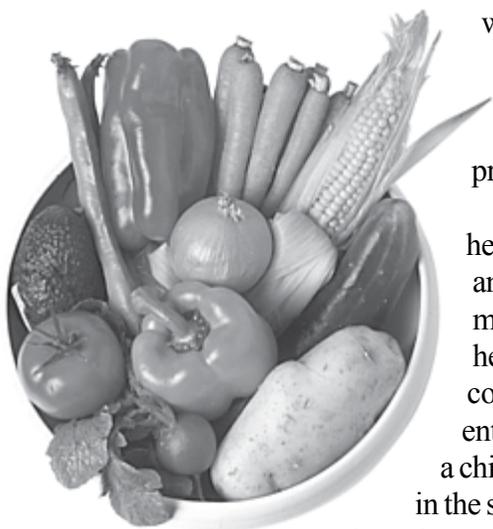
1. Let go of desire for fattening foods
2. Increase desire for healthy foods
3. Stop eating when satisfied (control portions)
4. Only eat to nourish the body
5. Reduce or eliminate emotional eating
6. Learn new stress coping skills
7. Put a halt to binge eating
8. Improve self-esteem and confidence
9. Motivate daily exercise
10. Modify your mental cognitive patterns to support all of the goals above.

Phyllis, who has gone down 80 pounds, had a typical reaction to the hypnosis part of the program. “Probably like most people, I was a little apprehensive at first because hypnotism was new to me. I was a big chocoholic—candies and sweets, a lot of diet sodas rather than water. Almost more than a craving was using food as a comfort thing, so that I would eat large quantities of it in an attempt to make myself feel better. Now my cravings for sweets are gone and I no longer use food for comfort.”

The next step in our system is the identification and elimination of your mental barriers and roadblocks to making these changes. Behavioral psychologists refer to these mental blocks as cognitive patterns. These are your mental thought processes that dictate your self-limiting beliefs and values about food preference, eating habits, your physical appearance and self-image. These cognitive issues also include bad habits involving your coping skills when dealing with stress, anxiety and other emotions. Using hypnosis, you’ll learn how to overcome your roadblocks and also learn how to deal with emotional urges to eat.

As the next strategy, Slender For Life™ recommends a *flexitarian* low-fat and high-starch eating strategy. Why low fat and high starch? It’s healthy and it works. Throughout history, the healthiest people were the peasants. They ate fruits, vegetables and

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whole grains. They ate old European breads; they ate corn, rice and potatoes. The kings and queens ate the fatted calves and died of the diseases of obesity, cancer, heart attacks and high blood pressure.

In our era, Taiwan has a high percentage of healthy centenarians that live on root vegetables, rice and fruit. They use fish as a seasoning—not as their meal. One client likened this eating strategy to how her parents and grandparents lived. They killed a cow once a year and it fed a family of five for the entire year. When company came for Sunday dinner a chicken might be served. They lived from the garden in the summer and root vegetables in the winter. I can

hear the protests from everyone who bought into the low-carb craze, but if you read Chapter Five, you'll learn about different kinds of carbohydrates and why this really is scientifically sound and not just a different fad diet.



It's really all about getting back to a more natural, healthier way of eating where fats and sugars are treats—not the daily fare.

It may help to think of food choices as a continuum from horrible for your health to fabulous for your health, and starting from where you are right now, just start moving toward the better end of the spectrum, one food selection at a time. If you are deeply addicted to high fat and/or sugary, empty foods, you may want to make gradual substitutions and improvements. We'll discuss this in more detail in Chapter Five. Despite the drama we've all seen on TV when the food police sweep in and empty someone's refrigerator and pantry of virtually everything they were used to eating, making a 180 degree change can be challenging for most people. If you don't have too many changes to make, you can probably be successful at making them all at once.

Lynn is the most extreme case I've encountered, and it's taken her a decade to clean up her act, but she's about 85 percent of the



way toward her goal and much healthier for her efforts. “I grew up subsisting on junk food, and as soon as I was on my own, it’s all I ate. I never cooked. I ate all my meals in restaurants, and I gained weight steadily until I was very fat and very sick. I never ate vegetables or salads—and I mean never. My idea of a vegetable was French fries or carrot cake.

“Finally, in my 40s, my sky-high cholesterol scared me toward change. But I was too far gone to make wholesale changes, so I just started making a few substitutions at a time. Every January I made a new list of what I eat, and when I compared it to the previous year’s list, I could see I was making progress. I worked with a nutritionist to learn how to rethink my eating, and I dared myself to experiment more. I even started cooking for myself.

“I can live very nicely as a flexitarian.”
~Lynn

“The key for me has been to never say I can’t have a certain food. Deprivation doesn’t work for me. I may only eat carrot cake once a year now, but knowing I can eat it makes all the difference for me. I can live very nicely as a flexitarian. I’ve gone from guzzling four cans of Coke a day to sipping on one serving of watered down fruit juice as my afternoon treat. I’ve gone from living on frozen TV dinners to preparing vegetable- and starch-dominant dishes. I still eat some meat, but it’s not the star attraction anymore, and I often have meals that are meatless. My energy is so much better and all my tests come back in the normal range now.”

By following the guidelines in this book as an ideal, you should experience maximum weight release and enjoy considerable increase in your energy level. You may also notice improvements in your general health. Slender For Life™ clients attest that making changes using this eating plan is the EASIEST program of all to follow.

Pam writes, “I thought this was going to be hard. I thought no way am I giving up meat and cheese. But this week I have had no meat and no cheese. My food has been great. I feel better and I have more energy. I think this is doable!”



I have never known anyone to experience anything but positive effects from making this a lifetime eating philosophy.

Blood sugars usually become regulated in as little as three weeks, blood pressure lowers, people with irritable bowel syndrome and fibromyalgia report they are doing better and people with arthritis say that they are experiencing less pain.

The eating strategies I recommend are derived from plans designed by Dr. John McDougall and Dr. Neal Barnard, both medical doctors and nationally known experts in nutrition. In the Appendix I'll also give you lots of resources for further exploration of this topic, including books by both doctors.



CD NOTE

These strategies are supported by the guided hypnosis sessions provided on the companion CDs. Repeated listenings in conjunction with your own self-hypnosis exercises provide the keys to making Slender For Life™ work where all other diet plans fail. Not only will you be able to attain your goal weight, but you will be bolstered in your ability to maintain your perfect weight for life.

Finally, you'll learn new attitudes about the role of physical activity in your weight release strategies. Before you turn up your nose and sink deeper into your easy chair, at least read Chapter Six with an open mind. You may notice that so far I've avoided discussing the "E" word. Well, here it comes: exercise does NOT have to be torturous. Just because Janice enjoys getting up at dawn to run for five miles every day, doesn't mean that's the answer for you. When you read all the suggestions I offer, I really believe you'll be able to find something you can wiggle into your day—so to speak.

So are you willing to change?

Diets focus on the physical aspects of losing weight. Eat a certain regime of food and you lose weight. When the diet is over, the weight comes back on because there was little or no behavioral change. As with any transformation, weight loss is much more than a physical matter. Change must occur in every area—physically, mentally, emotionally and spiritually. We are on a physical, mental, emotional and spiritual journey.

In order for change to occur, you have to *want* to change and you have to be willing to do the healing work. Just buying a gym membership or reading a book is not enough. You have to show up and put in the effort. In fact, the true work occurs out in the real

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world, (not in my office) and it can be painful, rather like growing pains. When my granddaughter Kenna was ten, she told me one day that her legs hurt. When I asked why, she replied, “It’s growing pains.” She’s rapidly growing tall and slender and her body strains to keep up, and sometimes it just hurts. Well, so do the strains of growing mentally, emotionally and spiritually. Making changes, like letting go of your weight, is apt to be a painful experience—but certainly well worth the effort.

Any change, even going on your dream vacation or moving into your dream home, has a level of stress involved. Often, when faced with pain (stress, hurt, anger, fear, sadness and so on) we turn to our drug of choice to not feel this pain. This drug of choice may be food, alcohol, tobacco, sex, pornography, gambling, shopping, the Internet, shoplifting or any other addictive behavior. When the drug is taken away, we then get to experience the pain.

**It’s really not about the food—
food just muffles your pain.**



Once you substitute healthier coping skills, you won’t need to treat food as a drug and it will then be easier to make better choices about what you eat.

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~Carmen**

Fourth grade teacher Carmen was willing to change, and she released her final 40 pounds (of a 130 pound loss) with the Slender For Life™ program. She now says she is “happier, calmer and more confident. I was shy and could not fit into airplane and theatre seats. People looked at me funny and I suffered in my head. With hypnosis I am happier with myself. I am more outgoing and I don’t have that crazy feeling that I need to eat junk food. I now eat healthy, have more energy and I am more focused. People admire what I have done and I refer my friends to Slender For Life™. When asked how she felt about her improved appearance, Carmen replied, “A million, million, million times better—happy, happier, like it doesn’t solve everything, but a least when I look in the mirror it makes me feel that at least one big thing is going right... no more Lane Bryant and seat belt extenders for me!”

We’re all born without defenses; we develop mental and emotional defenses as we get older. It’s a good thing that we do.

Without the protections of these mental and emotional shields, we'd be constantly bombarded by undesirable feelings and external threats, both real and imagined. Defensive reactions allow us to avoid, temporarily at least, what we cannot confront and let us get on with our lives.

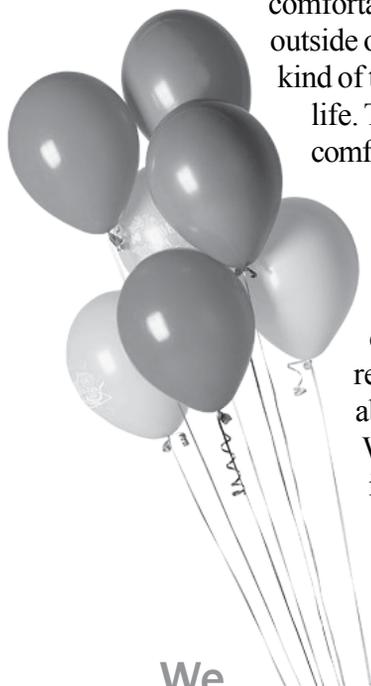
But we pay a price for these necessary psychic protectors. They alleviate pain but distort and disguise our experiences. They don't resolve problems, although they may help us momentarily feel better, and they can hurt us in the long run. Not only can these defenses prevent us from seeing our problems, they become habit. We become tolerant to our pain and accept it—in a way it's comfortable because it's familiar. It's what we know and to step outside of what we know is uncomfortable and scary. This is another kind of trance that prevents us from getting what we say we want in life. These fixed ideas and tolerance to pain become comfortable—familiar.

No matter how painful it is to be overweight, the fear of change and the fear of the unknown is often greater.

Sometimes we contemplate change. We're aware our defenses aren't working very well for us, but we aren't yet ready to act. Change threatens our very identity and asks us to abandon our way of being. Change threatens our security. What we know is familiar and we are not ready to venture into the unfamiliar. And, what if we fail in making change? This is a fear that can paralyze and prevent change. One client, Jackie, wrote, "I thought that I came here to release my weight, like letting go of a balloon. But when I opened my hand, the whole bunch of balloons were released. Now I don't know who I am."

I've had people call for information about weight loss and then use every excuse from parking to money to avoid actually scheduling or showing up for the consultation.

Choosing to lose weight or making any other change in your life takes preparation and perseverance. Many changes—quitting smoking or drinking, releasing weight, reducing stress or becoming active—involve a kind of psychic surgery that is as serious as many



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lifesaving operations. The date you set to start your weight reduction program is as important as one for coronary bypass surgery or chemotherapy. People fail to arrange enough time, energy and money to lose weight. They may have taken years to put the weight on and spent thousands of dollars in sweets and fatty foods. Yet they think that with one session they'll magically change their behavior, lose the weight and keep it off.

HOT



Experts reveal that weight-loss clients have the best chance of maintaining their goal weight when they are actively involved in a weight-loss program for 22 weeks or more.

POINT

Some of the most successful Slender For Life™ clients will leave their initial consultation without signing up, because they realize they have preparatory work to do first. They tell me they are going to think about it and talk with their spouse or partner. They go home and look at their work and family schedules and plan when they'll attend their appointments with me, when they'll get in their exercise, listen to a 30-minute CD, plan their menus, shop and prepare healthy foods and how they'll handle any family resistance to eating more healthily. Then with their groundwork done, they start their work with me with many of the pitfalls removed.

Stop weighting for your life to begin



That's not a typo. Weight often equals wait. When you carry extra weight, you can fall into the habit of putting events, dreams and goals on hold until you are slimmer. For example, Kathy put off dating for years because she couldn't imagine anyone would find her attractive. Jim failed to pursue his dream of becoming a motivational speaker because he couldn't bear to be stared at. Shirley never spoke up at business meetings even when she

knew she had valuable ideas, because she feared drawing attention to herself. As a result she watched her less-talented co-workers be promoted right past her. All these people were weighting for a slimmer future to really live their lives. What are you weighting for?

journal exercise



What are you avoiding?

What things have you put off because of your weight? What new activities have you failed to pursue? What new people have you been afraid to approach? Which business ventures have you avoided? What dreams have you parked in your freezer right behind the Haagen Dazs? As painful as these admissions are, they also can become your motivation for change.

What do you really want?

Discovering how to increase your motivation can be challenging. It fascinates me that when I ask a client how her life will be different or what her life will be like at her ideal weight, she is often stuck for an answer. She has no idea. Even people who have never been to Phoenix have an easier time describing to me what it would be like to visit Phoenix. They talk about hot desert sun, mountains, cactus and cowboys. But try to get them to describe in detail about life at their ideal weight and their eyes glaze over and they go into shut-down mode, as if it's inconceivable to imagine being slim.

And instead of focusing on what their life will be like at their ideal weight, new clients will focus on a goal weight. Often I hear, "I'd be happy if I only lost 50 of the 150 pounds I have to lose." They are too afraid of failing again to allow themselves to think about actually attaining and maintaining their *ideal* weight.

journal exercise



Picture your life

So please take a few minutes and envision how your life will feel at your ideal weight. Focus on activities that you could do at your goal weight that you can't do now. Playing down on the floor with your grandchildren—and getting right back up with ease. Walking for several miles every day—with eagerness and delight. Fitting comfortably into an airplane or theatre seat, tackling a big remodeling or landscaping project. How do you want to be living your life in the years ahead? What do you want to be different?

You do have the power of choice. This is a gift of options you can give to yourself—it's a gift of freedom—a gift of choice. The choice to be able to train and climb Mount Rainier, run a marathon or enjoy a rewarding intimate life. There is a genuine power in knowing that if you want to do something physical, you can. For 65 percent of Americans, that choice is not an option. They do not have the option to say “yes” or “no” to certain physical activities. They simply can't do them.



The goal is to face your challenges in life, experience your feelings, no longer needing to *eat* them. The goal is to let go of your mistaken identity, no longer hiding behind your weight. The goal is to become your true self, living the rest of your life at your ideal weight.

It's really not about the food; it's not even about reaching a goal weight. It is about embracing a conscious relationship with yourself. It's about taking back the power you gave away to food, to people, to circumstances. It's about allowing that hidden part of yourself to be seen, heard and felt in the real world. It's about

vulnerability. Using hypnosis, you can reclaim control over your life and shift out of an unconscious trance into consciousness.

Are you likely to slip back into your old unconscious trances? From my perspective, yes—as long as you have a pulse. However, with the proper tools and awareness, you can make the choice to return to a more healthful path. **Change is never complete, it's never finished. Change is your journey in this life.**

Your ideal weight goal

What would be your perfect, ideal weight? You can determine this with your medical doctor or use your own judgment. Your ideal weight is not a stepped down, baby-step goal, but rather your best weight for your gender, height and body frame. Your age is really not a factor. The popular idea that it's okay to weigh more as you get older has been clinically disproved. A 72-year-old woman should weigh about the same as her ideal weight at age 22. Arguments that support the old myth are just a way of rationalizing poor eating habits and may be denial of a health-threatening problem. It is, though, perfectly all right to create mini goals along the way. In fact, it's a good idea to have small goals over short time frames if you have a lot of weight to release. A hundred pounds can seem overwhelming. While losing two pounds in one week feels doable.

Use the Metropolitan Life Insurance Height and Weight Table on the next page to help determine your weight goal. Select a weight number on the lower end of your bracket. Many medical experts believe these numbers to be on the high side, since the table was last updated in 1983. Next, determine how much weight you need to release to reach your weight goal.

One of my clients shared with me this other way of naming what she was experiencing. Never underestimate the power of the specific words we choose. "I AM SLIMMING!" "My mother grew up in England and she told me that they never referred to losing weight, they called it slimming. What an empowering word. It feels so much more freeing than 'losing weight'."

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**STANDARD METROPOLITAN LIFE INSURANCE
HEIGHT/WEIGHT TABLES**

Women

Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Men

Height	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-153
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-164
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207



While living on Maui, I would go to a sacred place called Kipahulu. A mountain stream cuts its way through the boulders of Haleakala and flows into the ocean. At Kipahulu there are pools of water surrounded by high rocks. My son Josh and I would climb up about 25 feet onto these rocks. Already nervous about the height, we'd stand on a ledge and prepare to jump off. To enhance the experience, we'd declare the

jump to be about a particular goal. The goal could be anything from creating greater financial abundance, getting better grades in school to enhancing relationships. As we made our declarations, our knees would be knocking. We felt both the fear associated with height and the fear of accomplishing the goal we'd just declared.

We'd step out... there was a moment of suspension in the air... followed by the fall and immersion in the cold pool of water. When we surfaced and took our first gasps of air, every cell of our bodies radiated—we knew we were alive. We knew we were experiencing life. I have never experienced a more alive feeling.

**How about you? Are you ready to step into your fear?
Are you ready to take off your excess
pounds and leave the weight forever?**

Are you ready to experience living life to the fullest? Are you ready to be different than 65 percent of the U.S. population who is overweight? If so, read on... Slender For Life™ is for you.

At www.slenderforlife.com, you can download and print out your own "I Am Slender For Life™" card. Then each night as you get into bed, pick up your card and touch your forehead with it, holding it so you are looking slightly upward and read out loud or silently to yourself "I am slender for life." Lay the card down. snuggle

**Are you
ready to
live life
to the
fullest?**

in and begin counting backward silently until you fall asleep—starting with a higher number if you are not already drowsy.

10 ... *I am slender for life*

9 ... *I am slender for life*

8 ... *I am slender for life*

7 ... *I am slender for life*

6 ... *I am slender for life*

The goal is for your last thought of the day to be: “I am Slender For Life.”

So if you’ve decided you are indeed ready to change your life by releasing your weight for once and for all, then I think you’ll find the next step both fun and empowering. Let’s go get inside your head!



CD NOTE

****But first, if you haven’t yet done so, be sure to start listening to the CDs. See the instructions in the back of the book.**