



# She lost 41 lbs without dieting!

Reprogram your brain-body connection—and burn off 20 lbs this month!



**Ondrea lost 41 lbs in eight weeks!**

Though she's a fitness instructor, Ondrea Lynn, 29, couldn't budge her pregnancy weight. "Nothing worked until I added Dr. Calabrese's techniques," insists the Poughkeepsie, New York, mom. "Now I'm a size 4 again!"

Just put your mind to it, and you can lose all the weight you want. Literally. Here, a positive-thinking expert shows you how . . .

If you've tried everything to lose weight and nothing's worked, you have to try changing your mind," says Adrian Calabrese, Ph.D. The Poughkeepsie, New York-area therapist knows what she's talking about. After years of diet failure, she has shed 40 lbs. in three months. And folks she's let in on her secret are shrinking fast, too. "People have lost up to five pounds a week!"

**PROOF it works**  
New research shows dieters who believe they'll succeed lose significantly more weight than those who don't!

fat just melted away. Check out the box, right, to see how easy it is.

## Amazing benefits!

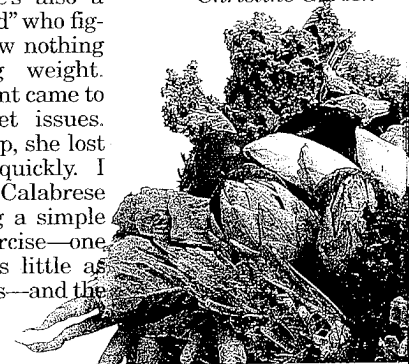
"I used to start every diet thinking, 'This will never work.' And it never did. But once I changed my thinking, weight loss became effortless," says Calabrese. "There's no planning—no calorie counting, no food logs. I eat healthy amounts of what I want."

## A 3-minute miracle

Though Calabrese has made a career out of helping clients change their lives through the repetition of positive thoughts, she's also a former "fat kid" who figured she knew nothing about losing weight. Luckily, a client came to her with diet issues. "With my help, she lost 20 pounds quickly. I said, 'Aha!'" Calabrese started using a simple mental exercise—one that takes as little as three minutes—and the

The technique is worth a shot, even for skeptics. "Hey, it's fast, easy, totally safe and free. There are no risks, and the rewards can be tremendous!"

—Christine Garson



## Use these strategies to SOLVE

IF YOUR GOAL IS TO . . .

Be financially secure

Get a better job

Find love

Feel less lonely

Overcome a health p

Break out of a rut

Control your temper

Sleep better

Here, positive-thinking pioneer Louise Hay, best-selling author of *I Can Do It* and more than 20 other books, shares ultra-effective mental messages that've helped millions make their dreams come true. Just choose any you like, repeat them or write them down 10 to 20 times a day—and then wait for your subconscious to do the rest. "Your subconscious is such an obedient servant!" promises Hay.

# The ultimate weight-loss exercise!

Repeat a positive statement often enough, and it will become ingrained in your subconscious, automatically changing your behavior, says Calabrese. To use this approach to lose weight, here's all you have to do . . .

**1** Choose 2-3 messages from the list below. Which ones? Think about the habits and patterns that keep you from your ideal weight, then let your intuition be your guide. If a message seems like it'll help, it probably will.

**2** Repeat each phrase 3 times in a row. Do this first thing in the morning, then at least twice more during the day. "That's the minimum number of repetitions you need for it to be effective. But more is always better. I did it about 10 times a day in the beginning," says Calabrese.

As you feel more comfortable with the approach, use as many different messages as you like. You can also change the messages to suit your needs at any given time.

If this is your problem . . .	Try saying this . . .
I don't know where to start!	"I will find the right eating plan for me, and it will work."
I know I'm going to hate doing whatever it'll take for me to lose weight.	"I lose weight joyfully and effortlessly."
I just don't have the time to prepare healthy meals.	"I love preparing healthy food for myself and my family. I always find the time to shop and cook without feeling stressed."
My metabolism is hopelessly slow.	"I eat small meals with healthy snacks in between, and it sets my metabolism on fire!"
I constantly pick off my kids' plates or eat the junk food I buy for my husband.	"When I am around foods that may slow my weight loss, I do not crave these foods. My inner wisdom takes over, and I crave healthy options instead."
I'm always too tired to exercise.	"I always have plenty of energy to exercise. I choose activities that are fun for me, and they invigorate me even more."
I struggle to stop eating once I've started.	"It is easy for me to stop eating when I am full. I pay attention to my body cues, and I stop eating automatically the moment I'm physically satisfied."
I'm fine during the day, but I overeat most nights.	"I no longer overeat at night. My body is perfectly fueled and fulfilled by the small meals I eat throughout the day. My dinner meal is the perfect size and relieves my hunger for the remainder of the evening."
I'm an emotional eater.	"When I feel stressed or anxious or bored, I breathe deeply until the feeling passes. I release myself from the need to use food for comfort."
I'm going to be in a situation where I'm likely to overeat.	"When I go on vacation [or to a party, to a wedding, etc.], I am at peace. I do not fear overeating because my body wisely and effortlessly tells me what to eat and how much. My inner wisdom is always in control."

## ANY PROBLEM!

### REPEAT . . .

"I am prosperous" or "Wealth comes to me from expected and unexpected sources."

"I am totally open and receptive to a wonderful new position, one that uses all my talents and abilities and allows me to express myself in ways that are fulfilling to me."

"The person I am looking for is now looking for me."

"Love is everywhere, and I am loving and lovable. I experience love wherever I go."

**Problem** "Everyday I feel better and better. I am healing rapidly, comfortably and perfectly."

"I am in the process of making positive changes. I am willing to change."

"I am willing to let go. I release all tension. I release all anger. I let go. I am at peace."

"I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself."

## Success Stories



Lynn, down 10 pounds



Wanda, down 20 pounds

### Wanda and Lynn lost 30 lbs!

Calabrese's techniques worked so well for our cover girl, she convinced her mother and grandmother to try 'em. "I couldn't believe how quickly the pounds melted off," says Ondrea's mom, Lynn Bertrand, 49, a Poughkeepsie post office clerk down 10 pounds in her first month. Grandma Wanda Mead got her 70-year-old metabolism charged up, too. The Highlands, New York, retiree is down 20 pounds. "I feel good, and I'm so much happier!" she says.

Many of the positive messages on these pages are from *How to Get Everything You Ever Wanted* and the new book *Tummy Talk: Speak Yourself Slim*, both by Adrian Calabrese, Ph.D. To order books or for more information and resources, go to [www.adriancalabrese.com](http://www.adriancalabrese.com).