Slimming Starts in the Mind

By Dorina Sasson

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Chapter 1

Slimming is regarded as a difficult task

Chapter headings

- "Tolstoy" versus "Losing weight"
- Negative thinking anticipates failure
- Slimming is regarded as a difficult task
- Talking about slimming with negative words

"Tolstoy" versus "losing weight"

Several years ago, on New Year's Eve, I watched a TV program with celebrities welcoming the New Year. Among them was a famous female writer, who was asked to speak about her plans for the coming year.

"I would like to translate 'War and Peace' by Tolstoy to everyday language, in order to draw the young generation to read classical literature", she replied.

"It's an enormously difficult task!" exclaimed the interviewer.
"Losing weight is more difficult!!!" answered the writer.

The camera turned to the audience to see their response. Everybody was laughing and nodding their heads, agreeing with her that losing weight was indeed a difficult task to accomplish.

Years later, and several pounds more, I asked myself, "Why does slimming have the reputation of being a difficult task, a heavy burden, a mission that requires sacrifice and constant battle? The wheels of my mind started

rolling, leading me to new insights and to writing this book. I hope you'll enjoy reading it, and make the most out of it.

Negative thinking anticipates failure

I am sure that you are familiar with the term "Negative thinking". It is a mental attitude of dwelling on negative thoughts, and letting fear, lack and worries run your life.

People who are prone to negative thinking use phrases such as:

- Nothing comes easy in life.
- It is too good to be true.
- This good cannot last long, something will eventually go wrong.

- I will apply for a better position, but I have no chance of getting it.
- Why bother, it's in my genes to fail.
- I am not talented enough to win this scholarship.

- I would never be able to afford myself a trip to Paris.
- Living in a fancy house will always be just a dream.
- I may as well get used to what I have, because it won't get any better.

If you anticipate misfortune, failure and disappointment, you will most probably refrain from taking any initiative and action, in order to avoid possible negative results. However, if you choose to be passive and take no action, you deprive yourself the chance of gaining success.

The tendency to negative thinking is not something one is born with; it is usually acquired from a negatively oriented environment, and is often transferred on from parents to children. Luckily, through awareness and training, one can learn to think in a positive manner, and consider failure, as a temporary step on the ladder to success.

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Slimming is regarded as a difficult task

If you wish to lose weight, but your mind is prone to negative thinking, you would most probably consider slimming as a kind of deprivation, and as a constant battle against the desire to eat.

In this case you would probably tell yourself the following words:

- Slimming is difficult and requires a lot of work.
- Losing weight is very demanding.
- The necessity to lose weight takes away the pleasure of eating.
- Even if I lose some weight, in a short while it will all come back and multiply, so why bother?
- Losing weight requires too much time and dedication, which I cannot afford now.
- I don't have the energy to exercise or take a walk after a busy day.

These are negative and discouraging thoughts that prevent you from taking any constructive action.

Talking about slimming with negative words

If you examine the words and expressions used in connection with slimming, you'll discover that most of them are negative words that describe abstinence, limitation and constant struggle with the desire to eat.

Here are a few examples of negative expressions. The negative words are written in red.

- If I want to slim, I must avoid eating ….
- If I want to slim, I must stay away from….
- I have to eat very little.

- I have to stop eating carbohydrates.
- The only way to lose weight is by starving myself for a few days.
- Losing weight is a constant battle.

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What kind of feelings do these words evoke within you, the desire to slim or resistance to slimming?

I have seen articles and advertisements with large and colorful headlines saying:
"Win the war of losing weight!"
"Fight your weight and win!"
Why would anyone associate the simple process of slimming with a state of war or fighting a battle? Comparing slimming to war is a horrible idea, which doesn't encourage slimming, but creates strong mental resistance.

It is all in your mind, the good and the bad, so instead of dwelling on negative thoughts, why not consider slimming as a process that improves your health, prolongs your life, and makes you look gorgeous, sexy, and attractive?

In the next chapter you will learn how to change your mental attitude from negative to positive, become active instead of passive, have faith in your capabilities, and anticipate success instead of failure. ☺

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Excerpt from Chapter 2

Positive thinking anticipates success

Both positive and negative attitudes determine the way you look at the world, the way you act, and what you expect to happen. If you have a negative attitude toward a certain issue, then you would probably anticipate hardship, failure and disappointment, and therefore prefer passivity and refraining from taking action. On the other hand, if you display a positive attitude, you would most likely anticipate success and positive results, and therefore pursue your goal assiduously.

Positive thinking is a mental attitude that sees the bright side of life, and admits into the mind positive thoughts, words and images. It is a mental attitude of having faith in yourself and in your abilities, and of expecting favorable results and success.

People, who think in a positive manner, don't get discouraged if they fail. They consider failure as a step on the ladder of success, and increase their efforts till they achieve their goal.

You might rightfully say that it is not realistic to expect achievement and success in everything you do. My answer is very simple:

Both attitudes, positive and negative have nothing to do with current reality, they are just thoughts that occupy the mind. So, why dwell on negative thoughts and be stressed and worried, when you can visualize success and feel happy and tranquil?

As to fear of facing disappointment, so what if you fail from time to time? Occasional failure is not the end of the world. Decide not to fall apart if you fail, but learn from the experience and do better the next time.

It is far better to try and eventually succeed, than be scared, worried and do nothing. No success is ever going to come out of passivity and complaining about your misfortune. However, a strong will, perseverance and taking the necessary actions, can definitely bring achievement and success.

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Positive thinking does not mean ignoring difficulties and pretending that they do not exist. It means **believing in your abilities**, trusting yourself, and allowing yourself to take risks and dare to succeed.

Optimistic people use phrases such as:

- I have faith in myself, and believe that I'm capable of achieving whatever I put my mind to.
- I am committed to success.
- Failure guides me to learn from my mistakes and do better the next time.
- I have the will and the ability to realize my goal.

No matter what your current conditions are, and no matter what obstacles lay ahead of you, believe in yourself and in your abilities, because you have within you the power to succeed.

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