

A 30-DAY GUIDE TO
PERMANENT WEIGHT LOSS

THINK
YOURSELF
THIN

JJ Smith

#1 NEW YORK TIMES BESTSELLING AUTHOR OF
10-DAY *Green* SMOOTHIE CLEANSE

JJ Smith

Think Yourself Thin: A 30-Day Guide to Permanent Weight Loss



[continue reading](#)

The author of the #1 NY Times bestseller 10-Day Green Smoothie Cleanse returns with this revolutionary guidebook filled with the key mental strategies which will provide the lacking piece in your weight loss journey forever. After helping dieters lose over two-million pounds in two years, JJ Smith realized the most crucial, however most overlooked, factor for permanent weight reduction is mental mastery. In Think that Yourself Thin, Smith helps you uncover the main of your struggle and address the spiritual or emotional issues linked with your eating behavior. s reserve uncovers the five psychological phases required to lose pounds and keep it off. Smith also introduces the all-new SUCCESS System detailing the mental practices and approaches necessary for permanent weight loss. Through the use of the strategies outlined in this publication, you should have the tools you will need to manage your weight, and therefore your health, and experience the joy of experiencing your dream body. Divided into four parts, Smith' Filled with inspiring, motivational achievement stories and user-friendly principles offering the guidance you have to eat in a manner that assists the body burn fat and lose pounds, Think Yourself Thin makes long-term weight reduction a reality by starting with what matters most.



[continue reading](#)

