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These 242 thoughts are daily reminders to help you align with your true self and cultivate a wise, pragmatic relationship with food and your body. Although they are a distillation of the Skinny Thinking Five Steps, derived from the Skinny Thinking book.

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Skinny Thinking Daily Thoughts: 242 Revolutionary Thoughts

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Skinny Thinking Daily Thoughts by Laura Katleman by Laura

Laura Katleman-Prue, author of the bestselling book, Skinny Thinking, is a graduate of the Theravision Institute for Transpersonal Psychology in Boston. She has been teaching meditation and self-inquiry since 2007 and has successfully counseled people about their eating issues, both individually and in Skinny Thinking Workshops.

Skinny Thinking: Taking Off The Weight | DailyOM

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Skinny Thinking Daily Thoughts by Laura Katleman-Prue

Thinking like a â€œthinâ€• person Judith Beck. Beck Diet Solution: Train your brain to think like a thin person. ... â€¢ Your thoughts ... Magical thinking - Expectation of specific outcomes based on performance of

unrelated acts or utterances. In logic, this is called

Thinking like a "thin" person - Dr. Laura Jansons

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After my first day thinking skinny thoughts, I realized I missed a couple of rules: 1. Eat Slowly " Skinny people eat slowly, it takes 20 minutes from the time you are actually satisfied for the stomach to tell the brain.

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Your attitude and perspective are absolutely essential to dominating a weight-loss and/or shape-up plan (like the one in Six Weeks to Skinny Jeans). Your thoughts are what will guide you to ...

Think Yourself Thin: Weight-Loss Affirmations That Work

Thinking Thin: Training your brain to think like a thin person, and other psychological techniques for healthy weight loss., by Judith Beck, Ph.D.

Thinking Thin | Psychology Today

Thinking Thin: A Cognitive-Therapy Approach Most weight-loss diets work, as long as you stick to them. But studies show that most of us can't make ourselves stay with a diet long-term.

Thinking Thin: A Cognitive-Therapy Approach : NPR

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