



# Think Thin, Be Thin: 101 Psychological Ways to Lose Weight

By Doris Wild Helmering, Dianne Hales

Download now

Read Online ➔

**Think Thin, Be Thin: 101 Psychological Ways to Lose Weight** By Doris Wild Helmering, Dianne Hales

If you've been struggling with your weight, you know how hard it can be to lose those extra pounds and keep them off. In the groundbreaking *Think Thin, Be Thin*, nationally prominent psychotherapist Doris Wild Helmering and award-winning health writer Dianne Hales assert that the true key to a healthy body weight is a healthy attitude toward food and exercise. Their logic is simple: Your brain ultimately controls what you eat and whether you work out. If you change the way you think, you can change the way you behave. And you can lose weight.

Using proven psychological strategies and scientifically based exercises, you will learn how to harness your thoughts to transform your behavior, body, and life. With practical advice on such troublesome issues as curbing emotional eating, motivating yourself to exercise, and overcoming diet plateaus, this book is the ideal complement to any diet and weight-loss program.

↓ [Download Think Thin, Be Thin: 101 Psychological Ways to Los ...pdf](#)

📖 [Read Online Think Thin, Be Thin: 101 Psychological Ways to L ...pdf](#)

# Think Thin, Be Thin: 101 Psychological Ways to Lose Weight

By Doris Wild Helmering, Dianne Hales

**Think Thin, Be Thin: 101 Psychological Ways to Lose Weight** By Doris Wild Helmering, Dianne Hales

If you've been struggling with your weight, you know how hard it can be to lose those extra pounds and keep them off. In the groundbreaking *Think Thin, Be Thin*, nationally prominent psychotherapist Doris Wild Helmering and award-winning health writer Dianne Hales assert that the true key to a healthy body weight is a healthy attitude toward food and exercise. Their logic is simple: Your brain ultimately controls what you eat and whether you work out. If you change the way you think, you can change the way you behave. And you can lose weight.

Using proven psychological strategies and scientifically based exercises, you will learn how to harness your thoughts to transform your behavior, body, and life. With practical advice on such troublesome issues as curbing emotional eating, motivating yourself to exercise, and overcoming diet plateaus, this book is the ideal complement to any diet and weight-loss program.

**Think Thin, Be Thin: 101 Psychological Ways to Lose Weight** By Doris Wild Helmering, Dianne Hales  
**Bibliography**

- Rank: #527363 in Books
- Brand: Helmering, Doris Wild/ Hales, Dianne R.
- Published on: 2004-12-28
- Released on: 2004-12-28
- Original language: English
- Number of items: 1
- Dimensions: 7.49" h x .53" w x 5.00" l, .42 pounds
- Binding: Paperback
- 256 pages

 [Download Think Thin, Be Thin: 101 Psychological Ways to Los ...pdf](#)

 [Read Online Think Thin, Be Thin: 101 Psychological Ways to L ...pdf](#)

## Download and Read Free Online *Think Thin, Be Thin: 101 Psychological Ways to Lose Weight* By Doris Wild Helmering, Dianne Hales

---

### Editorial Review

#### Amazon.com Review

The simplistic title *Think Thin Be Thin* doesn't really encompass the ideas laid out in this encouraging book. Rather than designing a diet and exercise plan that promises results, authors Doris Wild Helmering and Dianne Hales focus instead on the psychology behind eating, and offer 101 short suggestions for getting healthy that can accompany any plan out there.

The tips are drawn from a variety of disciplines, including Gestalt therapy, transactional awareness, compliance theory and cognitive-behavior therapy: all these sources these translate to "there's something for everyone". Old standards like keeping a food diary and finding simple ways to burn calories (like gardening or taking the stairs at work) are mixed with creative ideas like becoming your own advice columnist for a day and watching specific comedy movies that also offer encouragement for change (think *Groundhog's Day*). Whether you sit down and plow through the book in one sitting or pick and choose a few tips to follow for short time periods, you'll find the positive tone both relaxing and inspiring.

While the emotional and mental aspects of weight loss are the focal point, you'll also find a few tips aimed at the more practical side, like tracking your BMI (a charted is included as an appendix) and how many calories are burned by an assortment of activities. Whether it servers as a companion to a new gym membership or a refresher course in positive thinking, this book has plenty of helpful tips to keep you on track. --Jill Lightner

#### From Publishers Weekly

Clinical social worker Helmering and health writer Hales (*An Invitation to Health*) present 101 tips for dieters who need to change not only their exercise and eating habits, but also their way of thinking in this slim but to-the-point volume. The idea behind the book, write the authors, "is that the more you see, hear, or read a message, the more positively you view it." In this case, the message is to drop weight and get moving, so the book is packed full of briskly worded, often original ways for dieters to motivate themselves. The authors make use of psychological theories (including a semantics-based exercise to encourage language awareness), meditation and chanting exercises, and calculations such as the YLL (years of life lost to obesity) to help readers refrain from overeating. Not every entry is original; readers will find familiar suggestions such as to exercise in a group and keep a food diary. Others seem excessive, especially when done in combination with different practices. How many readers could repeat an affirmation for an hour each day while keeping a food diary, exercising and literally grading their own performance? On the positive side, the book's emphasis is always on health and fitness, and binge and fad diets are actively discouraged. Overall, this book is an excellent tool for diet-minded readers who occasionally require a mental kick in the pants.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

#### Review

"Step-by-step, hands-on help when you need it most. I'll use this concise gem of practical wisdom every day with my own patients."

—John La Puma, M.D., F.A.C.P., co-author of *The RealAge Diet* and *Cooking the RealAge Way*; Medical Director, Santa Barbara Institute for Medical Nutrition and Healthy Weight

"*Think Thin, Be Thin* is loaded with practical ways to change your thoughts and your behavior around food and weight—the key to achieving your goal of a slim and healthy body."

—Christiane Northrup, M.D., author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

## **Users Review**

### **From reader reviews:**

#### **Jason Urso:**

As people who live in often the modest era should be upgrade about what going on or details even knowledge to make them keep up with the era which can be always change and progress. Some of you maybe will update themselves by looking at books. It is a good choice to suit your needs but the problems coming to an individual is you don't know which you should start with. This Think Thin, Be Thin: 101 Psychological Ways to Lose Weight is our recommendation to make you keep up with the world. Why, since this book serves what you want and need in this era.

#### **Barbara Shephard:**

This Think Thin, Be Thin: 101 Psychological Ways to Lose Weight are usually reliable for you who want to certainly be a successful person, why. The reason why of this Think Thin, Be Thin: 101 Psychological Ways to Lose Weight can be among the great books you must have is definitely giving you more than just simple reading through food but feed you with information that possibly will shock your before knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions in e-book and printed versions. Beside that this Think Thin, Be Thin: 101 Psychological Ways to Lose Weight forcing you to have an enormous of experience including rich vocabulary, giving you test of critical thinking that could it useful in your day task. So , let's have it and enjoy reading.

#### **Peter Barba:**

The reserve untitled Think Thin, Be Thin: 101 Psychological Ways to Lose Weight is the reserve that recommended to you to read. You can see the quality of the publication content that will be shown to you actually. The language that article author use to explained their way of doing something is easily to understand. The article writer was did a lot of exploration when write the book, therefore the information that they share to you is absolutely accurate. You also might get the e-book of Think Thin, Be Thin: 101 Psychological Ways to Lose Weight from the publisher to make you much more enjoy free time.

#### **James McFarland:**

People live in this new day time of lifestyle always try and and must have the extra time or they will get large amount of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not really a robot. Then we ask again, what kind of activity do you possess when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative in spending your spare time, the particular book you have read is definitely Think Thin, Be Thin: 101 Psychological Ways to Lose Weight.

**Download and Read Online Think Thin, Be Thin: 101 Psychological  
Ways to Lose Weight By Doris Wild Helmering, Dianne Hales  
#1BK2F3UGLH9**

## **Read Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales for online ebook**

Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales books to read online.

### **Online Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales ebook PDF download**

**Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales Doc**

**Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales Mobipocket**

**Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales EPub**

**1BK2F3UGLH9: Think Thin, Be Thin: 101 Psychological Ways to Lose Weight By Doris Wild Helmering, Dianne Hales**