



# 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:**

#### **Mellisa White:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite guide and reading a guide. Beside you can solve your condition; you can add your knowledge by the publication entitled Think Thin, Be Thin: 101 Psychological Ways to Lose Weight. Try to stumble through book Think Thin, Be Thin: 101 Psychological Ways to Lose Weight as your pal. It means that it can to be your friend when you feel alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated to suit your needs. The book makes you far more confidence because you can know anything by the book. So , we should make new experience as well as knowledge with this book.

#### **Eric Ray:**

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you might have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Think Thin, Be Thin: 101 Psychological Ways to Lose Weight, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its called reading friends.

#### **Kimberly Moore:**

Do you have something that you like such as book? The guide lovers usually prefer to choose book like comic, brief story and the biggest some may be novel. Now, why not seeking Think Thin, Be Thin: 101 Psychological Ways to Lose Weight that give your fun preference will be satisfied by means of reading this book. Reading habit all over the world can be said as the method for people to know world better then how they react to the world. It can't be mentioned constantly that reading routine only for the geeky person but for all of you who wants to end up being success person. So , for every you who want to start looking at as your good habit, you could pick Think Thin, Be Thin: 101 Psychological Ways to Lose Weight become your own starter.

#### **Luis Hahn:**

You can spend your free time you just read this book this reserve. This Think Thin, Be Thin: 101 Psychological Ways to Lose Weight is simple to create you can read it in the area, in the beach, train in addition to soon. If you did not get much space to bring the actual printed book, you can buy often the e-book. It is make you quicker to read it. You can save the actual book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

**Download and Read Online Think Thin, Be Thin: 101 Psychological  
Ways to Lose Weight By Doris Wild Helmering, Dianne Hales  
#6HTGICZS859**

## **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**