

**Steven Gurgevich, Ph.D.
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THE SELF-HYPNOSIS DIET

Eight Motivation Makers

Ways to celebrate *without* food

- Celebrate a birthday with a sunrise or sunset hike.
- Celebrate a promotion with a professional massage.
- Celebrate an anniversary with a romantic walk through a park or a candlelit “feathering” or glass of sparkling cider.
- Celebrate a test success by sitting in a hot tub of bubbles.
- Indulge in an afternoon or evening of quiet reading at your local bookstore.
- Treat yourself to a yoga or exercise class at your neighborhood fitness center at the completion of a special project at work.
- When you notice your jeans are loose (and this *is* cause to celebrate!), go out and buy two new pair that fit your new body fantastically.
- Curl up in bed with a stack of magazines or a great book.
- Light some candles and play your favorite music CDs and DANCE as though no one is watching.

Slow down your fork

By putting your fork down between each bite, you can actually trim 100 calories from each meal, just by eating more slowly. This translates into a weight loss per month of almost two pounds.

Six ways to lose it FAST

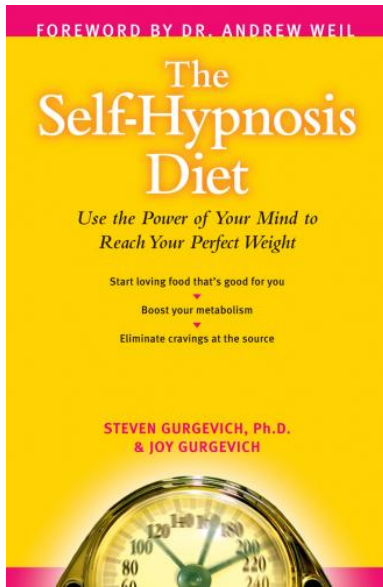
- Every time you have a sweet treat, have a serving of vegetables.
- Use smaller dishes. Research shows that we consume less when we drink from smaller glasses and eat from smaller plates, and ladle from smaller bowls.
- Experiment with exotic foods. We usually eat less and slower when consuming unfamiliar foods, especially unfamiliar ethnic foods.
- Snack on foods that are more laborious to prepare: nuts or edamame in the shell, seeded watermelon.
- Know that you can always eat all the vegetables that you want.
- Start your meals off with foods high in water, like clear soups, and salads (with an olive oil/vinegar dressing).

Stand when you can

Slim people stand about 150 minutes more each day than obese people. Just that simple change burns 350 calories. Stand while talking on the phone. Stand while waiting for the dentist appointment. Stand while waiting for a friend.

Thin out your life

Learning implies change. There must always be change. You *want* change. Make room for change. Cut something out, something this week. If you have too much body weight, you probably have too much of something else in your life and in your surroundings. De-clutter.



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Simplify. Complete some projects like cleaning out a closet, the garage, or the kitchen pantry (see Chapter 9) or just start by clearing out one drawer. If it isn't useful, beautiful, or sentimental, toss it out. Have three or four big boxes nearby. Label one "Keep", another "Throw Away", another "Give Away" and perhaps another "Recycle," and another "Fix." Start with just one project or area at first, and do it through completion to have the results that you want. Make room for change. Make room in your life for your new perfect weight.

Keep a "Beginner's Mind"

When beginning to learn any new skill you approach it with an open and fresh mind, giving it much attention. There is a Zen teaching that says the first time you do something, you put your attention on what you are doing. You give it your full attention. But the second time you do it you are not as fully present, which may make you become numb to the experience. Keep the beginner's mind fresh in you, remain eager to learn more and remain mindful of what you are doing and practicing. Each step you make takes you toward the results that you want. This is also a wonderful way to enhance the pleasure of each bite of a meal. You make each bite the "first" bite which is so very full of flavor and satisfaction, rather than ignoring what you are eating and focusing on the next bite.

Lunchtime tips

Many people have lunchtime and workplace behaviors that do not support their perfect weight. Here are several tips:

- Ban fast food. Just refuse it. There are so many healthy and truly delicious alternatives.
- At the office, stash food in both the fridge and the freezer, to avoid circumstantial or situational food choices. 96% of American lunches are from fast-food restaurants.
- Eat a healthy and substantial lunch first, before running lunchtime errands. Running errands first puts you at risk for skipping a meal or grabbing a quick calorie-laden filler.

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