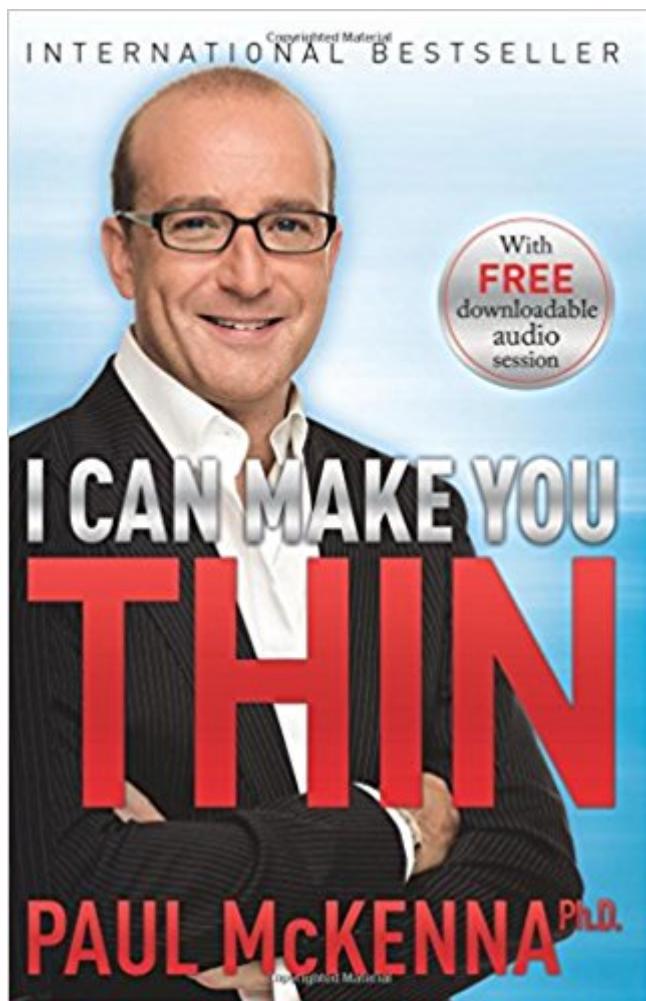## The book was found

# I Can Make You Thin

# Synopsis

Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Have you tried every diet and it made no difference long-term? Ã Â Then this amazing system is for you! Welcome to a revolutionary new way to stop overeating, control cravings, and feel totally motivated to exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes, and beliefs about yourself, your health, and food to help you easily take control of your diet and lose weight permanently. As you use Dr. McKennaÃ¢â¬â„¢s unique book and audio system, the latest psychological techniques will automatically help you to start losing weight right away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size, and weight.

# Book Information

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# Customer Reviews

Paul McKenna, Ph.D., is described by Ryan Seacrest as Ã¢â¬Å"a cross between the Dr. Phil and Tony Robbins of BritainÃ¢â¬Â• and has been named by the London Times as one of the worldÃ¢â¬â„¢s leading and most important modern gurus, alongside Nelson Mandela and the Dalai Lama. Over the past 20 years, Dr. McKenna has worked his unique brand of personal transformation with Hollywood movie stars, Olympic gold medalists, rock stars, business leaders, and royalty, helping millions of people successfully lose weight, overcome insomnia, eliminate stress, and increase self-confidence. He has appeared on The Dr. Oz Show, Good Morning

America, The Ellen DeGeneres Show, Rachael Ray, Anderson Live, and The Early Show and is regularly watched on TV by hundreds of millions of people in 42 countries. www.mckenna.com

For almost 3 years now I have been handing this book and 'mind-reprogramming' CD to every patient who comes to me to lose weight, or who is caught up in the mentality of diets, scales, cravings, or overeating.I am *delighted* that this version of "I Can Make You Thin" is finally available on .com rather than having to hunt it from the UK site. The long wait is over!At the risk of making this book seem too simple, here are Paul McKenna's 4 golden rules...1. When you are hungry, eat.2. Eat what you want (not what you think you "should".)3. Eat consciously and enjoy every mouthful.4. When you are full stop.I've seen other "I Can Make You Thin" reviews that dismiss the 4 rules as just obvious common sense. I'm not sure what common sense they can really mean since the rules make a mockery of the majority of get thin / lose weight approaches around. Rule 2 in particular certainly disagrees with the 'common sense' that I was taught as a medical doctor.Even if the rules are common sense, McKenna needs to be given great credit for showing people HOW to live these habits. Hopefully you are buying this for the results, not just to have a fun read and a relaxing, new-wavy listen.Yes, the coverpages are a bit hypey, but the inside is less so. The book is refreshingly thin :), jargon-free, and entertaining.McKenna's style also involves techniques such as tapping (TFT/EFT), hypnosis and NLP . Hypnosis is what first made Paul famous, and I've seen NLP Practitioners review this and say they knew all of these tricks before. In NLP terms Paul is saying that the Golden Rules are the "model" for being "naturally thin". Just knowing all the geewiz psych techniques won't help if you have the wrong model as I suspect most NLPers do.More importantly, you don't need any of these techniques to apply the 4 golden rules and lose weight.Most people can go the book & CD, discover the Aha moments, and get started on transforming their relationship with food and their weight straight away.There might be a group of people that could eat according to the 4 rules and not be thin, but I agree with what Paul says. For myself, I'm yet to meet such a person.I have counseled people who thought it didn't work for them, but it turned out they hadn't gotten the rules into their behavior, so here are some extra pointers...-Just listening to the CD over and over doesn't seem to be enough. The book plays a big part too. Expect to re-read the book at least once. You can succeed without the CD, so if it doesn't suit you, no sweat.- Don't add more rules. Extra rules almost always conflict with the four golden rules. Must eat breakfast? No. Just eat when you are hungry. Have to eat only fresh food? Check you really want to eat it, and whether you might want to eat anything else a bit more. Etc, etc.- Having trouble visualizing? Just act 'as if' you are visualizing, or on the CD just leave it to Paul.- Don't make

exercise the focus. Improved fitness will improve your chances of living longer, but unfortunately the best research evidence is that exercise doesn't help much in losing weight. Keep to the four rules, which are all about food and getting back in control.- If you have a question or a difficulty, the answer is somewhere in the book. The book alone truly is comprehensive (unlike watching YouTube videos or reading this review.) Indeed the updates have covered the two or three remaining gaps I had found before, including the extra information for self-sabotage issues.In summary, McKenna is not the only person to propose this way of eating, but his is the most accessible version I know about. His is also the most likely to reach out from the page and permanently change your thinking and your behavior, and thereby your weight.You can buy his measly book just to prove Paul wrong :)Oh and then come back here and add your own review. Let people know what your results have been, whatever they are. No one book/CD can fit everyone but "I Can Make You Thin" deserves way more reviews here on  from people just like you who have been wondering if this might just be what you need.If this review helps, please click "YES" below.

This method of weight loss makes so much sense. Paul Mckenna starts out by studing the habits of thin people. Then comes up with four simple rules that make a great deal of sense. I was talking to my cousin who is a dentist he is thin and has never had a weight problem. We were discussing dieting and weightloss. Without my proding he said all people have to do is eat when they are hungry. Eat what they want but be sure and make sure that you are conscious of what you are eating at the time eat slowly. and stop when you feel full. Paul reenforces this. Diets do not work. The CD is a little difficult for me because of my hearing which is not great, but I listen to it anyway as it is suposed to affect the subconscious. My wife and I are both giving this method a try. It seems to be working. It is important to do nothing but eat when you eat. It is entirely to easy to get distracted and eat to fast before your body can signal that you are full. I encourage others to give this an honest try as it makes more sense than diets which are artificial and do not work!

I have followed it exactly. Hardest thing to learn was what true hunger was, to slow down and when I was full. Took me about 4 days to get those concepts down and now 3 weeks later this 56 year old menopausal woman who has, in the past, starved for a month to lose 5 pounds, has lost a full 10 pounds without being hungry once, eating to my fill, and eating what I want. It HAS to have changed my metabolism because my activity level has not changed one iota. This author knows something others don't. I also seem to have more energy and my acid reflux of 8 years is nearly gone.

Of course no book will magically make you thin, but this book is as close to it as I've ever found. It's a short book filled with common sense information, most of which you've probably heard before. But it's written in a very conversational and motivating way. I read it and I feel like I really can do everything outlined in the book. I notice that my habits and feelings about food change immediately--and that's just from reading the book. I do fall asleep every time I listen to the CD, but he says in the book that that's ok, so I don't worry about it.The first time I read this book, I lost 23 pounds (165 to 142). Since then I've gotten married, had a baby, and fallen off the wagon. I just reread it, and I'm excited to start following the system again. I'm also looking forward to reading some of his other books!

This book is fun and simple to read. The principals taught here combined along with the CD have helped me to begin to change my lifestyle without cramping what I love to eat. I have given up all the diets I have been told to do and am following thee simple principles. My problem like many others is I don't know when to stop eating. The four golden rules that Paul McKenna teaches along with the other principles are very practical. I have only been practicing them for about three weeks and have already lost 12 pounds eating what I want, when I want. I have also lost about an inch in my waist and am feeling better every day. I believe this book has the potential to change anyone if they are serious about changing their lifestyle and stopping the crazy fad diets. Get it and try it. It's working for me!

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