

**LOSE
WEIGHT
THE EASY
WAY**

Christopher Cherry

LOSE WEIGHT THE EASY WAY

By

Christopher Cherry



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Introduction.

Regardless of how much you currently weigh, male or female, wherever you are located, irrespective of many other things too, if you follow the instructions, tips and hints given in this ebook, you will lose weight, guaranteed.

Hitched up to a very powerful mechanism, which is based on a known scientific premise, this method of losing weight has no downside and is a perfectly natural way to lose weight.

But you have to be sincere to achieve your desired body weight with this method. You have to be earnest in your desire to lose weight. You have to really mean it. Only then will the underlying mechanism work.

You cannot fool this mechanism, its no good being half-hearted and insincere in your desire to lose weight. As I have just said, you have to really want to do it, and you really have to be sincere and in earnest, for it to work.

So make that commitment now, then it will work. OR, postpone it until you are more ready to make your commitment to reduce your body weight.

Be honest with yourself, is it the right time to do it now, or is it better to wait before you WANT to make that commitment.

If you ARE sincere, and you ARE in earnest and you DO carry out the given instructions, and you DO adopt the tips and hints, then the mechanism described herein will work and you will not be able to stop it from working, once it has started.

Maybe you have tried other remedies, maybe you are all too familiar with weight loss programs, plans, diets and exercise related weight loss ideas, all those calorie controlled diets and those nutrition tables that tell you what is good to eat and what is bad for your body.

You probably know much more than me about things like body toxins, the metabolism, digestion, waste processes and how the body deals with food and also how the body handles fat products.

I hope that you have run into all these things, that's good, because it means that you have really tried to reduce your weight in the past, and of course you will have gained an enormous amount of knowledge about such things on the way.

If that is the situation with you, then it also means that you have done your apprenticeship so to speak, you have been there, you know the score, you have been through the mill as they say. It probably cost a lot of money too, but you must surely be a lot wiser from it all.

There is a chapter in this ebook about loving yourself. This method can work without loving yourself but it works a million times better if you DO love yourself.

Did you know that we are designed to love ourselves, its nature's way of protecting us.

So for many overweight people that hate themselves because of their body weight, there must be an attitude adjustment about how they think of themselves, to get the best out of this method. Loving yourself will make this method work really well, because then the person is in harmony and that is very important if you want to get the most out of this method.

You have taken the trouble to try to help yourself to reduce your body weight, that's good, and it is my hope that this method will help you achieve that.

We are all individuals, and we are all beautiful, inside and out, we are human beings, we have intense feelings and emotions, we have an enormous amount of love to give to one another,

but hear this, **I want you to forget others when you read this ebook, because this ebook is about YOU.**

Now its time to take care of **YOU**, because now its all about **YOU**, no one else, and with this special knowledge inside these pages, it will be quite possible for you to achieve your desired body weight.

When you achieve your desired body weight, what will you feel like.

Will you jump out of bed in the mornings, will you smile when your having breakfast, will you look wisely at overweight people you see during the day, will you count your blessings each evening, will you be much happier, will you be joyful, will you be proud of yourself for achieving your desired body weight.

It is **VERY IMPORTANT** to start thinking about all that.

It is also very important to get your mind ready for when all this will begin to happen.

All these things will be coming your way soon, so get your mind ready for it all and I encourage you to think, frequently and often, every day, ten times a day, about what its going to be like when you do achieve your desired body weight.

ALL the above is necessary for this method to work, every single word of it, so we are talking about an attitude adjustment here.

You are halfway there already, because you had the intelligence to obtain this ebook, and I bet you have the brains to put it all into practice and get to your desired body weight using the method outlined here.

That means that you have the resolve, the firm resolve to do something about your current weight situation, and **I KNOW** the method described here will assist you in achieving your desired body weight.

It is quite achievable, have no doubts about that, **IT WORKS**, and you have been lucky enough to come across this method.

Enjoy this ebook, follow its instruction, keep a daily record of your progress **AND ENJOY ACHIEVING YOUR DESIRED BODY WEIGHT.**

We will now continue with this Introduction, which very much concerns weight loss, as you will see, so hear me out.

I had followed the directions given to me, tall grey building near the corner, 6th floor, turn right and you will see a door marked, 'Office of the Newly Dead'. I went in, gave my name to the receptionist and sat down on quite a comfortable sofa in front of a table full of glossy magazines, newspapers and supplements.

As I looked quickly through one of the glossy magazines, I had a quick look at the person sitting opposite me. Certainly an odd creature, his eyes were very close together and my gut feelings seemed to be telling me that this person would be well worth avoiding.

I relied a lot on my gut feelings, and although I just could not put my finger on why this person was worth avoiding, that is the feeling I got about him. Perhaps 'close eyes' had another appointment to get to, because every couple of minutes or so, he looked at his wrist-watch to check the time.

As I glanced around the waiting room, I also took a quick look at the other person sitting in a big red leather armchair to my left. Obviously some rich dude from the business belt, I was quite impressed with the style of his very expensive looking shoes.

'Rich dude' was wearing a powder blue handmade suit, his stylish light brown shoes made him look very well dressed indeed. Probably an employee for some big company, I felt sure that

'rich dude' had known every restaurant in town and probably hardly ever had needed to cook his own dinner.

Just at that moment, the inner door opened and a very overweight man called out, 'Mr Smith, can you come through now please'. As I got to my feet, I could not help noticing that 'close eyes', the person sitting opposite me and also 'rich dude' located to my left, were also getting to their feet.

As we all tried to get through the inner door together, we sort of looked at each other in slight confusion, although nobody had the guts to say anything. Strangely though, the over weight man that had called my name shook hands with all three of us and indicated a chair for each of us to sit around a very long, highly polished table.

After briefly glancing through the light blue folder that he was holding, he looked up at all three of us and said, 'You all know each other of course, so we will get straight to the business in hand'. The 'rich dude' like person looked at me and you could see the utter confusion on his face. 'Close eyes' also looked at me and it was plain that he was equally confused about the situation too.

It did not take the over weight man too long to realize that we did not in fact, know one another and when he had stopped smiling, he raised both hands and said 'Let me explain'. Turning to me, the over weight man said, 'Mr Smith, meet Mr Smith, your conscious mind, and pointed to the 'rich dude' like person.

No sooner had he said that when he added, 'Mr Smith, meet Mr Smith, your sub-conscious mind and pointed to 'close eyes' who was sitting at the far end of the table. Both 'rich dude' and 'close eyes' looked across at me and they both gave me a weak smile, then they both quickly looked away again.

There was an audible, long sigh as the over weight man rolled his eyes upwards and said to me, 'Your complete strangers to each other, yet you have shared the same body for the last fifty nine years'.

I just sat there staring at him, I had heard what he had said to me, he had said it so clearly. But he had also said it as though I was to blame for not knowing who the 'rich dude' or 'close eyes' were.

Smiling once again, the over weight man said, 'It happens all the time, people go through their whole life-time, yet never get to know their conscious or sub-conscious mind, its amazing, it seems incredible, but it is a fact.

* * *

This ebook is about instructing the subconscious mind.

This ebook is about how to tell the subconscious mind to reduce body weight.

Your subconscious mind is your best friend.

Your subconscious mind can get you anything you want, and that includes reducing your body weight. Follow the instructions in this ebook and you will reduce your body weight, quite easily.

In fact, it is such an effective method of weight control, you will not be able to stop the process, unless you re-configure your desire.

Don't laugh and don't think that you have been tricked, you have been lucky enough to come across a very, very powerful technique that will get you to your desired weight, EXACTLY, just as you want to be, using your subconscious mind.

The majority of people on this planet DO NOT KNOW HOW TO SPEAK TO THEIR SUBCONCIOUS MIND.

That's a fact, they just don't know how to do it, but this little ebook gives precise and detailed instructions on how to address your subconscious mind and get to the much desired weight that you want to be.

Its not a new idea by any means, people have adjusted and controlled their weight for thousands of years using the subconscious mind.

It's just that this technique has sort of fell into disuse in these modern times, but make no mistake about it, **IT WORKS** so you haven't been tricked and you have not wasted your money or your time.

But before we get to that part, I want to say something about people who impose limitations on themselves.

The next chapter deals with that issue, and the chapter after that deals with LOVING yourself as previously mentioned here.

Chapter One

Your Own Limitations

Millions of people impose limitations on themselves.

Many people are told by others that they cannot expect to obtain this or that goal, many others impose their own limitations on themselves, thinking and believing that it is impossible to achieve their higher goals.

We all do it, we all put limitations on ourselves, some quite sensibly of course, but we all have other limitations that do not need to be there.

Obviously, we cannot all be a prime minister, or an astronaut, a rocket scientist or an Olympic athlete, these are goals that are, for most of us, unobtainable, and we accept that quite willingly because it is based in common sense.

But a lot of goals ARE within our capabilities, more especially those goals that pertain to our physical bodies.

Those goals can be aimed at through the subconscious mind, and ALL goals to do with our physical bodies, can be achieved through the subconscious mind.

This chapter tells you how to get rid of your self imposed limitations and instead learn how to overcome them because they will hold you back from getting to your desired body weight.

The term 'desired body weight' will be used over and over again in this ebook.

It refers to YOUR desired body weight, how much YOU want to weigh, okay.

You need to change your mind, to take on new ideas about how to achieve your desired body weight.

Get your conscious mind right, then you can start to address your subconscious mind.

So let your conscious mind absorb this next section which will help you to obtain your desired body weight.

Know what you WANT

Your subconscious mind will always obtain what it is focused on. So make sure you always focus on what you want, which is to be slimmer.

Find some actual pictures or photos of slim people and look at them (or imagine them in your mind) as often as possible throughout your waking hours.

These days, it is quite easy to superimpose your own face onto a picture of a slimmer body.

THAT WILL WORK, you are showing your subconscious mind what to aim for.

Your subconscious mind does not know the difference between a real and imagined event, **so it will actually go about attracting the content of the picture, into your life.**

Did you hear that, your subconscious mind will automatically start to attract those images of slimmer people INTO YOUR LIFE.

Try to experience the Feelings you will get when you have reached your desired weight.

It is the feelings that being slimmer will give you that are the main reason you want to be slimmer in the first place.

List all of the feelings you will get when you have achieved your desired body weight and feel them **NOW** as if you **ALREADY** are at your desired body weight.

Remove your Resistance to obtaining a slimmer body.

Resistance is simply the negative thoughts, feelings and beliefs that you currently think about getting to your desired body weight.

List all of the negative thoughts, feelings and beliefs that you have about achieving your desired body weight.

For example,

I don't deserve to be slimmer, Fat people are happier, I am not worthy of being slimmer.

I like cakes too much, I cannot pass a bakery, Feeling guilty about being slimmer.

You can add to this list of course, but then ask yourself some honest questions about these negative thoughts, feelings and beliefs until you get to the underlying issue that is causing them.

This type of self therapy, and of course any written lists that you make about them, are the best way to discover a lot about yourself.

Being completely honest with yourself, the written word can highlight areas that need adjustment.

Now, once you do have a comprehensive list about all your negatives and positives, it will be far easier to start concentrating on getting slimmer.

Get rid of the underlying issues that are holding you back, stopping you from achieving your desired body weight.

This clearer understanding will allow you to see why you did not obtain what you so much want, your desired body weight.

By the way, carry on eating the cakes, visit the bakery every day, it will not make any difference, your subconscious mind will reduce your weight, **regardless of what you eat.**

There are various schools of thought about that, personally, I think this method is so powerful that it does not matter if you have the odd cream bun now and again.

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