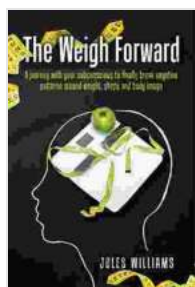


Journey With Your Subconscious To Finally Break Negative Patterns Around Weight

Are you tired of struggling with your weight? Do you feel like you've tried everything but nothing seems to work? If so, it's time to try a new approach.

The subconscious mind is a powerful force that can influence our thoughts, feelings, and behaviors. And when it comes to weight, the subconscious mind can often be the key to success or failure.



The Weigh Forward: "A journey with your subconscious to finally break negative patterns around weight, shape and body image." by Jules Williams

★★★★☆ 4.1 out of 5

Language : English
File size : 1922 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 236 pages



In this article, we'll explore how the subconscious mind influences weight and how you can use it to your advantage to finally break free from negative patterns.

How the Subconscious Mind Influences Weight

The subconscious mind is responsible for our automatic thoughts, feelings, and behaviors. It's also responsible for storing our memories and beliefs.

When it comes to weight, the subconscious mind can play a major role in our success or failure. For example, if you have a negative belief about yourself, such as "I'm not good enough to lose weight," your subconscious mind will sabotage your efforts to lose weight.

On the other hand, if you have a positive belief about yourself, such as "I am capable of losing weight," your subconscious mind will support your efforts and help you to succeed.

How to Use the Subconscious Mind to Break Negative Patterns

If you want to break free from negative patterns around weight, it's important to start by changing your subconscious beliefs. Here are a few tips for doing this:

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- Identify your negative beliefs. What are the negative things you believe about yourself and your ability to lose weight?

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- Challenge your negative beliefs. Are your negative beliefs really true? Is there any evidence to support them?

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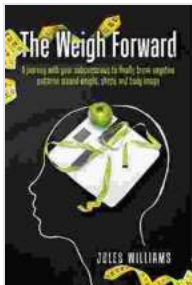
- Replace your negative beliefs with positive beliefs. What are some positive things you can believe about yourself and your ability to lose weight?

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- Repeat your positive beliefs to yourself. The more you repeat your positive beliefs, the more they will become ingrained in your subconscious mind.

If you're struggling with your weight, it's time to try a new approach. By working with your subconscious mind, you can change your negative beliefs and create a new reality for yourself.

So what are you waiting for? Start today on your journey to a healthier weight!



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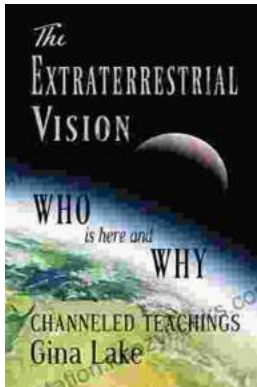
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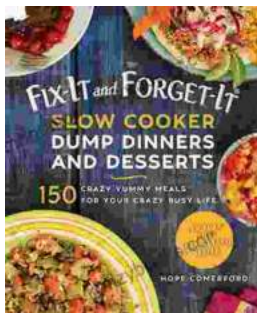
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