

**FOREWORD**  
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Look to this day with pleasurable recollections and affirmative expectations...for yesterday will soon become a distant vision. But...living each day in a positive and self-empowering way creates joyful memories and clear visions of success, happiness...and a more slender **YOU!**

Carefully formed and firmly established inner traits are not diminished by the passage of time. These internal characteristics and Mental Dimensions or Cerebral Spaces are affected by changes that occur through Mental/Cerebral Conditioning and programming. Positive, uplifting inner traits and influential, self-empowered internal characteristics are influenced and changed by new, self-revealing thoughts...by clearly illuminated and defined mental features...by enlightened and upgraded qualities of Your Inner Self...by improved psychological Conditions and controlled emotional Situations. These altered Mental Dimensions and The States of Your Mind lead to improved inner or internal Conditions and Situations...also to upgraded Mental Dimensions or Spaces. These Spaces embody Cerebral matter or substance which contains new, enlightened, “power-full” thoughts, ideas and notions. This helps **YOU** to remain young in mind, spirit, and body.

Fat diminishing Situations and controlled Mental Conditions are created and shaped by objective, animated and practical ideas; by well-regulated emotions; by understandable feelings...by favorable attitudes and positive behavioral patterns. These Situations and Conditions lead to an enlightened, self-empowered and slender lifestyle. They are managed and limited by controlled Mental Activity and by accurate Cerebral Action. This allows **YOU** to visualize and see with “The Mind’s Eye or The Eye Of The Intellectual State Of Your Mind.”

Sensible and practical thoughts are developed and effectively managed through the use and application of comprehensive and useful information, with step-by-step deliberation and consideration...and with the help of important and accurate knowledge. Correct thinking leads to heightened mental activity and supportive cerebral action...producing unlimited inner power, strength and force. This power increases and expands your capacity to realize and understand **YOURSELF**. This progressive mental activity and supportive cerebral action also enhances your ability to produce mental energy. Ultimately...this increased activity is followed by a well-connected reaction which effectively regulates Your Total **BEING**, i.e., your mental and your physical state...your inner and your outer state...Your Sub-Conscious and Conscious State Of Mind. **IT’S ALL IN THE STATES OF YOUR MIND!**

Precise and practical thoughts, clear ideas and emotions are effectively controlled by understandable, restrained Feeling States of Mind. Progressive Mental Conditioning and all-inclusive Cerebral Programming produces unlimited internal energy, power, force and strength. This promotes cerebral balance and self-understanding. This leads to mind and thought control, hunger control, permanent weight control...a slimmer and trimmer **YOU. UNDERSTAND AND KNOW THYSELF! DO FOR YOURSELF!**

Clear-cut, accurate Mental/Cerebral Conditioning and Programming increases your capacity, ability and power to consider high spirited, uplifting thoughts and improved, enlightened ideas. This allows **YOU** to upgrade Your Total **BEING**. In effect it provides the wherewithal to control Your Inner/Outer Self and Your States Of Mind. Change Your Thinking—Change Mental Conditions and Situations—Change Your Lifestyle—Change Yourself—Change Your Weight! Change Directions—Make Corrections—Change Connections.

Old age is proportionate to chronological age. Aging is often negatively affected by unfulfilled wants and overwhelming desires. Aging is adversely impacted and accelerated by limited cerebral energy and power, mixed emotions and confused feelings. Positive energy and power is necessary in order to control and change Your Total Self. A “power-less condition” limits the capacity and minimizes your ability to pursue cherished ideals; to nurture long-standing aspirations and desires; also to reach advanced and slenderizing goals. Make **YOURSELF** goal oriented and successful. Make **YOURSELF** mentally aware and physically more slender.

Mental Conditions and Situations...also Your Psyche, Spirit and Your Total **BEING** are regulated by The Sub-Conscious and Conscious States Of Mind. These two formidable mental states function efficiently and effectively by gradually eliminating The Fat Between The Ears©. Change Your Thinking....Change Your Lifestyle...Change **YOURSELF** and **YOUR BEING**.....Change Your Weight!

Disturbed, erratic emotions and depressed, confused feelings have a weighty effect upon Mental States and The State Of Your Mind. This adversely modifies both Your Inner and Your Outer Self. These emotions and feelings together with unhealthy Mental Conditions and distressed Cerebral Situations are aggravated and increased by undesirable weight producing thoughts and behavioral patterns.

These negative Conditions and Situations lead to a fattening lifestyle. Empowering **YOURSELF** with sensible, energizing thoughts together with clear Mental Conditions and understandable, uplifting Cerebral Situations encourage lighter, youthful, slenderizing ways. Moreover...these are desirable thoughts, manageable Mental Conditions, uplifting Situations and beneficial behavioral ways or patterns. Self-empowerment leads to a slimmer, trimmer **YOU**.

Change Your Thinking...Change Your Lifestyle...Change Yourself and Your Total **BEING**...Change Your Weight!

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