

A New Approach to Fitness

In the pages that follow I will lead you on your own journey so that you, too, can arrive at a place where your mind and emotions are driving your desire to lose weight and become fit on both a conscious and subconscious level. You will be using your mind to direct your body and working toward fitness from the inside out. And, as a result, I can promise you that you *will* become thin, trim, fit, and as beautiful on the outside as you are on the inside.

There are many books on many subjects including physical fitness that tell people *what* to do, which, in my opinion, is a lot like writing on someone else's blackboard with your own chalk. What that means is that they want you to see things from their perspective, while I will be asking you to consider your own perspective and see whether shifting the way you see yourself in relation to the world might not serve you better. I believe that most of us already *know* what we should be doing to lose weight and improve fitness. In fact, with all the information on exercise and nutrition coming at us from the media every day, it would be almost impossible *not* to know. The problem is that for most people there's still a large disconnect between knowledge and action. No one has yet addressed teaching you how to shift your thoughts so that you are able to go from *knowing* to *doing*.

What I intend is to take you through the very same steps I followed to arrive at the place I am today: mentally, emotionally, and physically. I will certainly provide all the information you need about what kinds of foods to eat and what kinds of exercise programs will work for your individual goal and level of fitness, but that's part two of the plan. First I'm going to provide you with the information and understanding you need to have so that you will be able to follow through with the program I lay out and actually achieve what you want.

The bottom line is that goals are achieved when the right information is loaded into the subconscious part of your brain. It's a question of *mind over body!* In the pages that follow, I will teach you how to harness the power of your subconscious mind to build the fit and fabulous body you want but have never before been able to achieve.

Before we begin, however, I want to point out that my professional expertise lies in helping people to achieve health and fitness, which is, of course, the focus of this book. Personally, however, I know that all the information I'll be giving you can be used to achieve whatever you truly desire in every aspect of your life. All these techniques are designed to create balance of body, mind, and spirit, which is all anyone needs to banish stress, defeat fear, overcome failure, and bring more happiness into his or her life.

Excerpt from **Mind Over Body**, *The Key to Lasting Weight Loss Is All in Your Head*

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Find out more at www.mindoverbodyonline.com