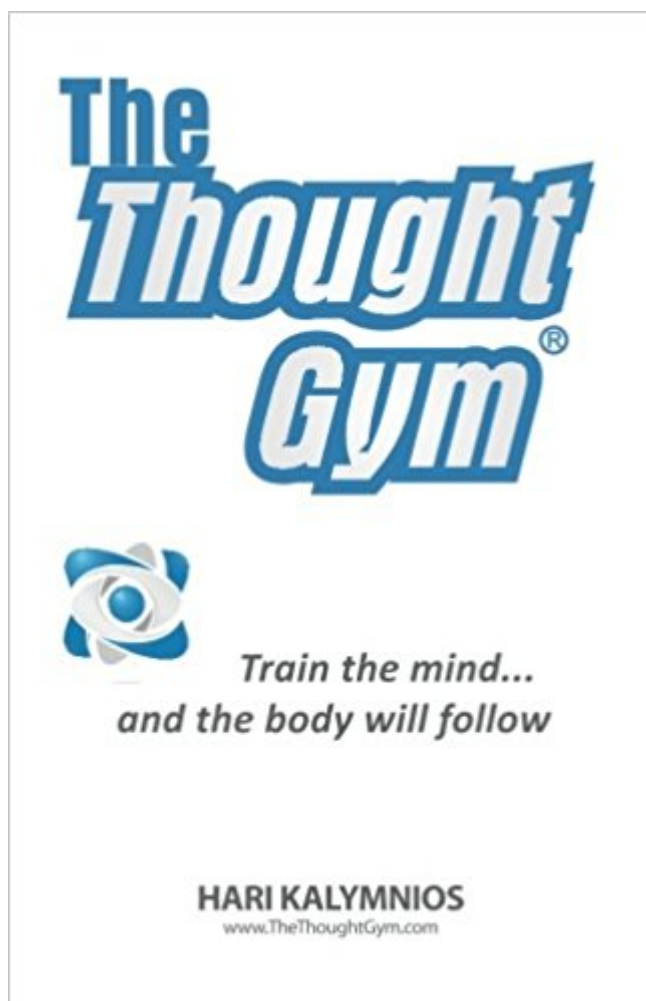




Ebook Directory
the best source of ebook

The book was found

The Thought Gym: Train The Mind...and The Body Will Follow!



Synopsis

Finally! It's a book which succeeds in addressing the area most other diet, health and exercise books miss! What's the same thing about every diet, health or exercise book you've ever tried?.....YOU! And have you noticed that time after time, you get the same results? Well, the reason is that you haven't addressed the key to all change first. Your thoughts. Before trying to change your diet or embark on a new health regime, you must first look at changing the thoughts that go into your mind. Otherwise you almost guarantee a huge disappointment. The Thought Gym gives you workable and proven methods for addressing what goes into your mind, so that the results that you want are now achievable. Not only will you understand how to alter your thoughts, but you'll understand how your beliefs and values shape your results, how language is vitally important to your success and also how to really make sure that the right motivation for you to succeed is in place from the start. The Thought Gym will give you tools, strategies and techniques to enable you to succeed where once you may have failed. Supporting the information you will get from reading this book are on-line guided support modules consisting of both downloadable audio support and video streaming, so it's like the author is in the room with you helping you achieve your health dreams.

Book Information

Paperback: 186 pages

Publisher: CreateSpace Independent Publishing Platform (April 7, 2013)

Language: English

ISBN-10: 1481966294

ISBN-13: 978-1481966290

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,968,105 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #276 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy

Customer Reviews

Hari Kalymnios studied Physics with Astrophysics at the University of Manchester where he earned a First Class Honours degree. Following his degree, Hari's continued desire to learn and grow saw him spend three years independently travelling the world, meeting and getting to know a

variety of people and cultures. On returning to the UK, Hari settled into a city profession, however his real passion lay in health and fitness which led him to pursue those areas instead. Frustrated at seeing colleagues feeling lacklustre, de-energised or suffering with their health or weight, Hari sought to understand what it was that made the difference. Why is it that some people can be the size they want, exercise (or accomplish whatever their goals in life are) when others can't? Hari wanted to know the reason. His research led him to studying several fields including health, fitness, nutrition, psychology and NLP amongst others. Distilling the most useful parts of his research, coupled with his own lifetime of experiences, Hari has detailed in an extremely easy-to-read and companion-led book, the steps needed for a person to make noticeable shifts in their thinking. And hence be able to take perceptible and genuine steps to achieving their goals. Hari is 35 years old and lives in London where he runs his website and business for helping people achieve their health goals -â œ www.TheThoughtGym.com

The Thought Gym arrived on my lap at the perfect moment in my life. I've been looking to improve the health side to my life for a while now and this book has certainly helped me to get on this path. I am a NLP practitioner myself and found the exercises easy to follow and powerful at the same time. There are some fantastic chapters that are spot on such as the diet delusion, exercise and language, and I have incorporated the principles here into my own daily life. Great book for anyone looking to step forward in their physical lifestyle.

[Download to continue reading...](#)

The Thought Gym: Train the mind...and the body will follow! No Gym Weight Loss: A Simple, Easy & Proven Guide to Build the Body of Your Dreams with No Gym & No Weights Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication) Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best

The Mind-Body Code: How the Mind Wounds and Heals the Body Magical Mind, Magical Body:
Mastering the Mind/Body Connection for Perfect Health and Total Well-Being Irritable Bowel
Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a
Functiona (Mind-Body Connection) Mind Gym: An Athlete's Guide to Inner Excellence Mind Gym:
An Athlete's Guide to Inner Excellence (NTC Sports/Fitness) Whats After Assessment?/Follow-up
Instructions for Phonics, Fluency and Comprehension: Follow-Up Instruction for Phonics, Fluency,
and Comprehension No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A
Toned Body In 30 Minutes Or Less! (Updated) Men's Health Your Body Is Your Barbell: No Gym.
Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! The Gleason's Gym Total
Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover The 21 Irrefutable Laws of
Leadership: Follow Them and People Will Follow You (10th Anniversary Edition) The 21 Irrefutable
Laws of Leadership, 10th Anniversary Edition: Follow Them and People Will Follow You The 21
Irrefutable Laws of Leadership: Follow Them and People Will Follow You

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)