

Think Yourself Thin: The DNA System to Reprogram Your Own Brain to Lose Weight and Keep it Off

Nathalie Plamondon-Thomas

iUniverse (Jan 20, 2016)

Softcover \$16.95 (196pp)

978-1-4917-8467-9

This incredibly valuable book shows that healthy eating and exercise are natural, desirable choices.

Nathalie Plamondon-Thomas's *Think Yourself Thin* is a remarkable book that addresses weight loss from a fresh angle. Rather than offering up a nutrition plan or workout routine, the book seeks to teach people how to change the way they think about themselves and to reprogram their brains to achieve permanent weight loss.

The book is simply organized, easy to follow, and insightful. Divided into thirty-eight short chapters, it outlines Plamondon-Thomas's DNA model. DNA stands for "Desire," "New You," and "Actualize." The author, who is a fitness professional and a NLP master practitioner, discusses the body-brain connection and offers a combination of positive visualization, guided meditation, and neuro-linguistic programming exercises as a method to reprogram the brain so that one can lose excess weight and achieve better health. The book explains: "Your brain doesn't know the difference between reality and fiction. It just executes what you tell it is going to happen."

Though some might be drawn to the book in the hopes of finding a method of weight loss that does not involve healthy eating and exercise, this book does not offer that kind of easy, and ultimately unachievable, fix. The point of this book, and what makes it so valuable, is that it attempts to help reprogram thinking patterns so that healthy eating and exercise become natural, desirable choices, making weight loss effortless and enjoyable rather than something that is accomplished through deprivation and willpower.

The exercises are designed to help each individual understand their own desires, let go of past negativity, and create and sustain positivity even in the face of challenges and stress. Each one is thoroughly explained with equal emphasis on why it is important and how to accomplish it. The accompanying graphs and images help clarify complex concepts. There is space for writing out thoughts when an exercise requires it, but the author also makes a small workbook available on her website for those who would prefer not to write in the book. These exercises have the potential to be truly liberating and to help people on the path to self-actualization.

For those who have sought to lose weight time and again without success, *Think Yourself Thin* offers a new perspective and new hope. The author's relatively simple techniques are powerful, but they are things that anyone can do. The potential benefit of this book could apply not just to weight loss but to any aspect of life, helping anyone accomplish whatever goals they set their mind to.

CATHERINE THURESON (August 22, 2016)

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