

# Think Yourself

# Thin



Based on Original Bestseller

By Debbie Johnson

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Lose Weight Naturally through  
Your Subconscious Mind

Based on Original Best-Seller  
By Debbie Johnson

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by Deborah Johnson

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## ***Dedication***

*Dedicated to all want to imbue their lives  
with spiritual truth and love.*

# *Books and Media by Debbie Johnson*

## **Books**

*Think Yourself Thin*      *Think Yourself Loved*

*Think Yourself Young*      *Think Yourself There*

*Forget Willpower: Have Fun Family Fitness with Focused Imagination*

*Forever Young*

*Fun with Gluten-Free, Low-Glycemic Food Cookbook*

*Gluten-Free, Low-Glycemic Desserts & Comfort Food You Will Love*

## **Novelettes**

*Perfect Love*      *Perfect Love Returns*      *Perfect Love Forever*

*Divine Intervention*      *Extra Divine Intervention*      *Super Divine Intervention*

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*Soul Survivors: Angels-in-Training series*

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[www.soulsurvivorsmovies.com](http://www.soulsurvivorsmovies.com)

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*Soul Travel to Find God's Love*

## **Related Youtube Channel**

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*How Would You Like to  
Control Your Weight by Your  
Very Thoughts and Images?*

Well, guess what . . .you already do! Our individual bodies and our worlds are controlled by a part of us that creates thoughts and images. The key is getting control of the controller. I did it, so you can do it too!

I gained forty pounds dieting, then lost it all just  
Thinking Thin!

Discover the secrets I learned to get slim and stay slim for over twenty years and still going. This is my gift to you as you explore the ways to feel good about yourself by changing your subconscious program. This book will show you how.

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## What Do You Really Want?

To release weight?

To feel good about your body?

To feel good about yourself?

To have more love in your life?

To have inner peace?

All of the above?

Sometimes people think that if they lose weight, get rich, have a new mate, new car, younger body, and so on, that they'll be happy. Not so. Look around you. Look at Marilyn Monroe . . . she was considered the most beautiful woman of her time, and of course, very wealthy. She could have any material thing she wanted, any man she wanted, and she had the perfect body for her time. She married or dated the most sought-after men, but she had very little peace, very low self-esteem, and I doubt she felt truly loved.

Think about your life now and how it would be different if you had your wish. You're still the same person inside, the same beautiful soul. But maybe you have old beliefs and viewpoints about yourself that affect you subconsciously. In that case, what would really change unless you had changed the beliefs, thoughts, and images inside?

I can tell you that even when I lost weight in my younger years, I would look in the mirror and think, *who is that?* I felt a little uncomfortable with the image in the mirror because it wasn't what I was



used to. I didn't know why I felt that slight discomfort, but I do now. On an unconscious, deeper level, it made me feel more vulnerable in some way. So, subconsciously, I would sabotage myself and try to be unattractive by gaining the weight back, so I wouldn't end up getting hurt. That was my pattern. But I was determined to love myself and find a way to be happy in my own skin, no matter what weight I was, heavy or slim. Once I found that way, which you'll discover in this book, I started letting go of weight.

In the midst of that process, I discovered old emotions from childhood surfacing. The weight was a protection from abandonment. I had psychological reasons for retaining weight. Once I discovered and resolved those, I started feeling natural in my new, slim self! You will, too, as you discover your own "protections" or "burdens." The secrets are within the pages of this slim little book.

So, I ask you again: what do you really want? What do you feel you'll have in a slimmer body that you don't have now? When you answer that question, you'll be able to find the answer to your weight issues as well.

## *Chapter 1*



# *Who Really Controls Your Weight?*

*The more I study the world, the more I am convinced of the inability of brute force to create anything durable.*

—Napoleon I

## **You Are Not What You Eat, You Are What You Think!**

I remember once seeing a picture of a pig on someone's refrigerator. The person who owned the refrigerator wanted to lose weight. She thought, logically enough, that the pig would deter her from eating.

The pig was supposed to instill fear that she would soon become a replica of the pig if she were to continue in such a manner (visiting the pig so often).

I doubt this tactic was very successful, because whatever we put

our attention on is what we become. I, too, thought that forcing myself to not eat certain things, to cut down on quantity or calories, fat or carbs, would make me lose weight. However, as Napoleon said, brute force accomplishes nothing durable. Thus, the yo-yo syndrome.

People gain more weight after each successive diet. So did I. In fact, I gained forty pounds over a ten year period, just from yo-yo fasts and diets!

Fact: A researcher at the National Institute for Health said he believed that the biggest cause of obesity in the U.S. is dieting!

Have you or anyone you know ever maintained weight loss from a diet longer than two years? It can happen, but it's highly unusual. Within two years after dieting, 83% of dieters gain *more weight back* than they lost!! So you see, it's not just you or me. It's almost everyone who diets!

Willpower, or brute force (as in the quote at the beginning of this chapter), never worked for me, nor for anyone else I know. Why not take the simple way and keep enjoying your life and your food?

## So, if Brute Force Doesn't Work, What Does?

*Imagination. Imagination works so well because it isn't will power, which is very short-lived. Will power is force, where imagination is love. Love is always stronger than power.*

Love is a positive feeling that may help things happen faster. With negative feelings, such as fear, anxiety and panic (in this case about weight) we actually make negative things happen at breakneck speed! This is not something I suggest trying, of course, unless you want something to happen really fast, and you're willing to pay the price.

**For example,** I was afraid (emotion of fear) that I would lose too much weight and look too angular. Well, I *did* start losing too much weight at one point, and had to think myself "thick:" strong, muscu-

lar, and balanced!

If you have any doubt that that subconscious imaging works, here are a few facts that may help you:

## Scientific Proof

Larry King once showcased this research. Experts explained the reticular activating system (RAS) of the brain, which is stimulated by the subconscious mind's "program." Yes, we have a computer-like system in the body. Thinking Thin reprograms the computer, which, by the way, controls all of our body's functions, such as metabolism, digestion, glandular functions and even desires (for food, exercise, etc.)

## Laboratory Studies Showing Mind Over Body Matter:

1. A Swedish study, published by the Eating and Weight Disorders Journal, proved positive for cognitive therapy (changing thinking) for weight loss. Forty-three overweight people lost an average of seventeen pounds by the end of ten weeks. The control group (not doing anything differently) gained weight!

Cognitive therapy teaches people to "think like a thin person." Thinking Thin does exactly that, much less expensively and much more simply, than any other method.

2. The BBC revealed a Wake Forest University study showing how positive thinking works to relieve pain in almost every case.

3. Cleveland Clinic researchers and biomedical engineer Guang Uue presented results of a three-year study at an annual Society for Neuroscience meeting. After twelve weeks of "mental contractions" of paralyzed muscles, participants regained 13% to 30% muscle control and strength! The brain is fooled into sending more neurons from

the spinal cord to control the muscle, according to Dr. Vinod Sahgal, a fellow researcher in the study.

4. A University of Arizona study showed that people who visualized increased muscle strength added 12%. The control group gained Zero!

5. Even Duke University is now using hypnotherapy as a healing modality!

## Real Life Stories

Jennie, at age eleven, used Focused Imagination to let go of twenty pounds in just one month. Fast weight-releasing is not the goal with Thinking Thin (using *only* Focused Imagination for weight loss) but it just happened that way with Jennie. She started by imagining she was her Skipper doll (Barbie's little sister). When she went to school with money for snacks, she said she wanted fruit instead of chips or candy bars. And, she said she just wanted to ride her bicycle more. It was that simple!

Think about it for a moment. Where your attention goes, there you go! For example, if you are sitting in a chair and you can't imagine yourself getting up, you won't. However, once you imagine it, you can hardly stop yourself from getting up eventually.

Families can work together to effectively trim down the entire household! See my related book: *Forget Willpower; Have Fun Family Fitness with Focused Imagination*. Maya and her daughter Megan decided to work together by sharing ideas and images to get slim by using the methods they read in my original *Think Yourself Thin*. It worked! They both started eating better, exercising more consistently and doing it all because it felt good, because they were motivated from inside.

Then, Maya decided to go to work on her husband. Josh wanted to get slimmer, but felt like he had no willpower – who does?? He didn't really believe in the power of the subconscious, so I suggest-

ed to Maya that she just compliment him daily on how “buffed” he looked and how he looked like he might be getting a bit thinner. So Josh would say, “Thanks, Babe, I *do* feel better”, then he’d reach for an apple instead of the chips he was headed for!

By the way, notice how I rarely say “losing weight”—if you lose something, you want to find it again—banish the thought!

## Why Do Emotions Make Things Happen So Fast?

Because when you are feeling, you are also imagining. Let’s just say a person was afraid of tripping. They are imagining themselves tripping. Now erase that image, because we don’t want you or anyone else to trip! Thoughts are things, very real things that can motivate us to action, the action we need to take to fulfill the thought, ergo . . . Think Thin, eat thin, exercise thin, etc., for your particular body type. It’s automatic!

## Why Does Thinking Thin Work?

Put simply, the mind works in images. Prove it to yourself right now with this experiment. Try to think this thought without having an image come to mind: “I will not eat that piece of chocolate cake!!” Or, if you have a more desirable snack for you, use that wording.

What did you see or experience? Unless you are from another planet, you saw, smelled, tasted, and even felt the texture of that chocolate cake or your favorite snack, just like everyone else on our planet would! Everyone would see themselves eating the cake or snack, feel it, taste it, etc.

*We will always see the images created by our words.*

Did you notice in the above experimental sentence that I had you say you would *not* eat the chocolate cake or favorite treat?

*Then why did you still imagine eating it?*

## Something You Can Do:

1. Practice by eating the chocolate cake or your favorite dessert or treat! Enjoy it fully, savoring every bite. And remember to say, “*Everything I eat turns to energy!*”

Eating whatever you want may seem strange to you, but it’s actually been proven to work. A team of psychotherapists in New York City told their clients to eat whatever they wanted, as much as they wanted. If they liked chocolate cake, they were supposed to buy two! And guess what happened; every one of their clients slowed down on eating the junk and started eating smaller portions and healthier food overall, getting slim in the process!\*

*Now feel the energy of the food you are eating.*

2. Imagine how this food, no matter what it is, will digest well, absorb and give energy to your body for whatever is ahead. Imagine the next action you will do being fueled by this food.

**\*Important Note:** If you tried the above and it did not work for you because you have no measure of when you are full or balance in food, please check out “The Anderson Method for Weight Loss.” Like me, he had a weight problem, but he figured out a different solution that worked for him due to his food addiction. He also agrees you need to Think Thin, too!

## The Subconscious Doesn’t Hear Negatives, It Sees and Feels Images

Negatives, such as “not, no, never, don’t, shouldn’t, none, won’t,” etc. are completely ignored and disregarded by the subconscious mind. Its purpose is to reproduce images and make them happen. You would soon feel driven to eat the piece of chocolate cake if you kept repeating the sentence to yourself, “I will not eat chocolate cake.”

By the same token, the person who continually looks at the image of the pig, concerned about gaining weight, will soon take on the like-

ness of the pig's image, or retain the resemblance they have already internalized.

On the other hand, if you simply hold an image of yourself as fit and trim, and continue to hold that image throughout all contrary "reality" (mirror image, etc.) you will start doing things to help your body release weight in the way that's exactly right for you.

For example: One of my readers hates to go for a walk, and after she read my book and started Thinking Thin, she said, "I can't believe it. Now, every night after dinner, I *want* to go for a walk!"

## Want to Reverse the Process of Thinking "Fat" and Begin Thinking "Thin" Thoughts?

It's easy. Try this exercise:

### **Something You Can Do Now:**

Think to yourself; "I feel a little bit thinner today." You are engaging your senses as well as your visual image of yourself.

Feelings are powerful adjuncts to visualization. Using all of our senses makes visualization work. I have a theory that those who are most successful with visualization have actually used more of their senses to imagine, not just the visual.

So I teach people to use all senses—hear it, see it, touch it, smell it, taste it and even feel it emotionally. I have coined a term for this. I call it "Focused Imagination."

Let's say you are on a special eating plan or diet (which is certainly *not necessary, nor is it recommended unless you need some re-training* to eat healthy food—always check with your doctor about any plan you are thinking about starting).



## Something More You Can Do:

1. Change your images from food to thinking about actions.

For example: Let's say you're trying to cut back on complex carbohydrates. Instead of snacking on potato chips or popcorn, you might imagine reading a good book and munching on an apple or veggie sticks and dip. Try this exercise right now as you think of your goal.

2. What did you see, feel, taste, and hear?

A comfy chair perhaps? Or a couch with soft pillows and your latest novel lit by a bright window? Did you hear the crunch of the food, taste its freshness? Did you feel relaxed and sure of what you were doing?

## By Replacing the Image You Know Is Unhealthy, You Reverse the Process

When you replaced the image of potato chips or popcorn with healthier fare and a good book, you actually gave your subconscious a new command. Just like programming a computer! In this case, you are upgrading the system by taking out the old program and replacing it with something much more beneficial.

This moves you forward and actually establishes new neurological pathways in your brain if you keep it up for twenty-eight days or more.

And you know what's even more amazing? *You don't even have to think about what you should or shouldn't eat.* If you trust your body's intuition, all you have to do is to think of your new slimmer self, and you will *automatically* eat what's right for your particular body chemistry.

## **Something You Can Do:**

1. Say to yourself every time you eat something you think is bad for you: “Everything I eat turns to energy.”

When programming a computer, the programmer must know the language needed for the purpose.

## **The Language of the Subconscious Mind Is Symbols and Images**

You give it images, it gives you results. It’s that simple! It may not always be easy, because you have to believe it and live it every day for a while, but it’s definitely simple.

## **Image + Feeling = Results in Your Body and Your Life.**

If you want to speak with someone who speaks only Greek, you must speak Greek. If she only speaks Spanish, you must speak only Spanish. Luckily, the language of the subconscious is something we all use every day.

Every one of us does this every day, without being aware of it (scary, isn’t it?) Now it’s just a matter of being aware of how we use images constantly for communication with ourselves and our world, and use discrimination to attain positive results.

If we speak to the subconscious mind in its own language—that of images—it will not only produce the image, but it will compel us to produce the results of the image. Action follows thought. It’s absolutely uncanny to see this work.

## Unfortunately, Most People Program the Subconscious for Failure

For example (I'm sure you've never heard this or, heaven forbid, said it yourself!): "I feel so fat!" or "I'm sure I'm gaining weight." These statements have just given the subconscious mind a command to gain more weight!

Guess what happens now: This person is going to desire foods that will put on weight for his/her body type and have *no* motivation to drink enough water, exercise enough or do anything at all to actually get slim. In fact, just the opposite will happen. When people beat themselves up with negative images, they will automatically sabotage themselves and gain weight; get lazy or too busy to exercise, eat all the wrong foods for their body chemistry, etc.

*As much as possible, give your subconscious positive programs to work with. You are not what you eat, but you are or become what you think. Not only that, but you will desire only what is good for you when you think healthy thoughts. Whatever you think or imagine, your subconscious innocently believes.*

## Try Your Own Experiments

You may want to try some of your own simple experiments, just to prove to yourself how powerful the reality of the subconscious is, and how effective images are to program it. Here's one you can try right now:

### **Something You Can Do Now:**

1. Say to yourself (out loud, if you're alone), and think to yourself at the same time, "Someone is pouring a bucket of ice water on top of my head. It is freezing cold. I'm sopping wet and shivering.

2. How did you feel? Cold?

Of course you did! Your subconscious mind believes everything you think, say, and feel! You can lie to it all day long and it will believe you anything you tell it. It's very gullible.

3. The good news is you can use this to your advantage. Tell it you are thin and beautiful! Now, to warm you up from your ice bath. . . Tell yourself you are in a nice warm bath, with candles glowing all around you.

**Important Note:** I recommend your goal be clothing sizes, and it can be in stages—not weight, which naturally fluctuates. Again, do not, I repeat, do *not* weigh yourself!

## Want to Start Practicing Some Thinking Thin Thoughts?

### **Something You Can Think or Say Now:**

“I feel so thin today!”

“I’m getting thinner every day.”

“I feel a little slimmer today.”

“I am slim, strong, healthy and free!”

As you say the above words—experience them in every way you can. See chapter three, “Exercises for Thinking Thin” to get all the details you need to make this work.

When you have negative thoughts about yourself—after all, we’re human, so we do have these limiting thoughts—use it as a springboard to success. Make yourself create two positive images for every negative one you have.

### **Something You Can Do Now:**

1. If you don’t feel pretty, think of a time you did.

Form those pictures in your mind. Were you at a dance? At someone's wedding, or perhaps your own? Were you winning some athletic competition? Think of when you felt your best and live in that feeling as much as possible. If that's too hard, think of how your best friend or closest relative might see you.

2. The feelings that comes from the heart are even more powerful. Fill your heart with a strong feeling of love for yourself and all life around you. Isn't that how you feel when something wonderful happens to you? That will help you continue to create the "wonderful."

3. Think of a time when you felt really good about yourself and your weight. Be there, in that picture, in that movie. If you've never felt good about yourself or your weight, think of someone you admire very much—someone who embodies your ideal—and try to get the feeling of how that would be. What would it feel like? How would you act?

4. Imagine yourself as God might see you. Write down all the qualities you have that are the highest and best from that divine viewpoint. This will start you on loving yourself as Soul, from Soul and for who you really are! From that viewpoint, you can accomplish absolutely anything that you want to, if it's in line with your divine purpose.

5. We all have the potential to be and do absolutely anything, so go for it!

## Children Have a Wonderful Gift for Pretending

*Successful Make-Believe is something we can learn from children.* Within the spark of imagination lies something to be "caught." Have you ever noticed how children become completely absorbed in whatever they are doing or playing? They literally become the image they want to create.

If it's being a pilot, they are really flying that airplane, with all their senses. They are above the ground, soaring through the clouds,

looking at the tiny world below . . . and lo and behold, some of them grow up to be pilots.

This is the sort of imagination we need if we want to accomplish anything. A little-known secret of success, as any truly successful athlete, business person, artist, musician, or actor will tell you, is their own creative imagination. They may not use the same words I do, of course, but they may say something like, “I never even thought about failing,” or “I always knew I’d win,” or “I just saw myself succeeding,” or “I wouldn’t accept anything less.”

It may help you to read some biographies of men and women you have always looked up to, people who have overcome great odds to accomplish something, or someone who was driven to attain a highly-desired goal.

Look for this “feeling of success” or use of the imagination to accomplish the desired result. You will find yourself encouraged by such stories or articles.

## Look for the Feeling of Success

As you read these books, look for that same feeling of success in yourself. We all have it, though it can be as elusive as a butterfly. Once you catch it, though, pretending as a child would that you are already the way you want to be, then your body will go to work to create the new you.

Most people who diet gain the weight back as soon as they stop dieting, or very shortly thereafter. That’s often because they were unable to see themselves thin, so they “fulfilled” the old program again . . . that of being heavy.

You are now able to see yourself thin, or you wouldn’t even be reading this book! You are also able to become whatever shape and size you wish to become through your thoughts and imagination which is controlled by the real you.

## Who *Is* the Real You?

What part of you is in complete control of all the other parts (when aware enough to be), giving the commands, reigning over the thoughts, feelings, senses, which bring about our circumstances in life?

It's not your mind, because that is, or should be, the servant . . . It's not your subconscious, because that part of you simply carries out the commands of the conscious mind. The subconscious mind is very powerful though, and can overshadow the real self when the real self is asleep, meaning unaware of its rightful place and position.

This "real self " has been called by many names throughout the centuries and eons. It has been called the "inner self," the "essence of self," the "ka" by the Egyptians, the "higher self" and as we may be most familiar with it, the Soul. Furthermore, you do not "have" an inner self or Soul, but you *are* your inner self, or Soul.

Whatever you choose to call this higher self, or the real you, it does have the ability to control the mind, the subconscious mind, the emotions and the physical body. This is done by a conscious use of the imagination. This inner Self, or Soul truly is who you are for eternity, and can take control of your life by controlling all these other aspects of yourself.

The subconscious mind never sleeps, so when your conscious mind (the part of you that may not believe this will work) is asleep; Soul can communicate with the subconscious mind by your command, through your imagination as you fall asleep, or in your dreams. There's more on this in Chapter Three. The subconscious is constantly carrying out orders, either those given it by the conscious mind, which has limited knowledge and imagination, or Soul, which has unlimited imagination! Which would you prefer? Unlimited imagination sounds like more fun to me!

## Imagination is Your Divine Gift

Imagination is your divine gift and is yours to use however you choose. You may as well use it for something positive and good.

You will learn, by using it for your health, that it can be used to improve any area of your life. In this way, you will also learn more about yourself as a spiritual being and find out that being spiritual is a twenty-four-hour-a-day proposition, which can make you much happier.

One of my clients was imagining herself dressed up beautifully and slim. I actually saw her a year later and she had done it! She was her perfect weight and looked absolutely gorgeous...she was glowing from within.

Please understand that using this method may not be “instant” in the obvious aspect of its results, but it is *lasting*. In a way, though, it is instant because you’re going to feel better about yourself immediately.

Thinking Thin will re-program your subconscious—which controls all bodily functions, including hormones and metabolism, even desires—to motivate you to *automatically* eat, exercise or do what-ever it takes to get slim.

Some people actually need to eat *more* and exercise *less*! They may be compromising their metabolism. The good news is, you don’t have to know what your body needs—that information is stored in your body, in your genes, and your subconscious knows just how to access it. Sit back, relax, and just Think Thin! Watch the miracles occur.

## The Most Powerful Prayer

*The most powerful prayer (it’s been proven!) is “Thy will be done.” So as you Think Thin, try turning it over to God, to your higher self, Spirit, or whatever you believe in.*



These techniques will carry you through the years and be steadfast friends in keeping you on track if you will simply be faithful to them. Though it took time and patience for me to reach my desired weight and shape, I have kept it there for over twenty years and am still going strong!

If you *make this a game* and enjoy the process, the outcome will be good, no matter what. By “letting go and letting God” you are actually freeing up the forces of nature, from divine Spirit to your very own subconscious process.

*You’ll feel so much better about yourself* just by thinking uplifting, positive thoughts. The main thing is to be patient with yourself, love yourself and talk to yourself as if you were your own best friend, with encouragement, support and most of all, love.

## *Think Yourself Thin*



Debbie Johnson is the best-selling author of *Think Yourself Thin* and has several self-help books, as well as fiction for teens and kids. She's the award-winning filmmaker of the *Angels-in-Training* series and lives in Victoria, Minnesota, where she continues to write, edit books, and make commercial videos. Her favorite thing is helping others make their dreams come true!

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## Discover the Secret Thousands Have Used to Successfully Drop Weight Eating Whatever They Wanted.

A booklet that eliminates the fluff and is similar to the original best-selling Booklet has helped thousands of people accomplish their weight and health goals or simply learn more about how they already create their own lives through their subconscious images. All the basics are in this booklet; we already know in this day and age that visualization and imagination are very powerful tools and even help quadriplegics to exercise and build muscles with their minds! Imagine how simple it would be to use that to get slim, too!

Debbie Johnson dieted for ten years and the result was a weight gain of forty pounds! She gave up and quit dieting, realizing she could love herself as she was. Then the idea came to her to “think” herself thin, using all the positive imaging techniques she’d learned in sales and marketing. It happened! She lost the forty pounds and has kept it off over twenty-five years!! You can, too!

Learn the secret of the subconscious as the big computer in the body. Discover how to program that computer to allow you to drop weight and stay slim for life.

Get stronger, healthier and more fit with every new image.

Learn the secrets of what makes this really work and many different mental “exercises” from which to choose.

### **About Debbie Johnson**

Author Debbie Johnson is best-selling author of Think Yourself Thin (Hyperion), award-winning filmmaker (Soul Survivors Angel- in-Training series on Dove channel) and a big kid who has never grown up, but is still in love with love!  
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**Author Debbie Johnson**