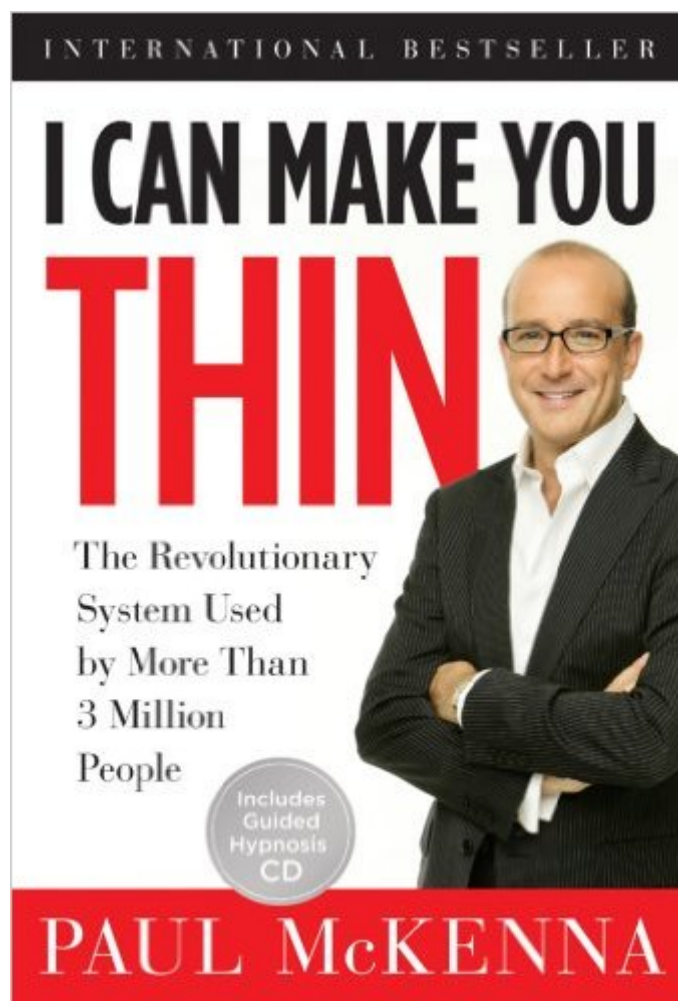# I Can Make You Thin: The Revolutionary System Used By More Than 3 Million People (Book And CD)

Synopsis

AT LAST--A TOTALLY NEW APPROACH TO WEIGHT LOSS. WE'RE SO SURE IT WORKS WE GUARANTEE IT...OR YOUR MONEY BACK!* Paul McKenna's revolutionary book and CD have helped millions of people lose weight without food restrictions, counting calories, or fighting cravings. All decisions about food take place in the mind and the human mind is like a computer. Dr. McKenna helps people reprogram their minds using the latest psychological techniques to transform the way they think about food forever. His celebrity clients include rock stars, movie stars, and royalty. Book and CD show readers how to:- Feel totally in control around food- Speed up your metabolism- Stop self-sabotage- Instantly stop cravings- Feel totally confident *Rules & Regulations:-Purchase I Can Make You Thin (paperback) from January 1, 2012 - December 31, 2012.-Read and use the book for at least 90 daysâ |If you are not 100% satisfied, contact Sterling Publishing at moneyback@sterlingpublishing.com for instructions on how to return your book to Sterling and obtain your money back. This offer is only valid in the fifty United States, and Canada, and on Books purchased between January 1, 2012 and December 31, 2012. Only purchases made during this time, as evidenced by original dated receipt, will be eligible for the money back guarantee. Prior purchases are exempt from the offer. Refunds will be made within thirty (30) days of receipt of request for money back, provided all return requirements are met. Note: Only the purchase price of the book paid by customer, as evidenced by customer's receipt, shall be refunded by Sterling.-Offer not applicable to purchases of DVD products or other affiliated Paul McKenna programs, or any other books written by Paul McKenna and published by Sterling, other than the paperback edition of I Can Make You Thin. No retail or online sites are affiliated with this offer. In order to obtain your refund from Sterling, you must email moneyback@sterlingpublishing.com. - No moneyback guarantee refunds will be made after June 30, 2013. -Void where prohibited by law.Â

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Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (517 customer reviews)

Customer Reviews

For almost 3 years now I have been handing this book and 'mind-reprogramming' CD to every patient who comes to me to lose weight, or who is caught up in the mentality of diets, scales, cravings, or overeating.I am *delighted* that this version of "I Can Make You Thin" is finally available on .com rather than having to hunt it from the UK site. The long wait is over!At the risk of making this book seem too simple, here are Paul McKenna's 4 golden rules...1. When you are hungry, eat.2. Eat what you want (not what you think you "should".)3. Eat consciously and enjoy every mouthful.4. When you are full stop.I've seen other "I Can Make You Thin" reviews that dismiss the 4 rules as just obvious common sense. I'm not sure what common sense they can really mean since the rules make a mockery of the majority of get thin / lose weight approaches around. Rule 2 in particular certainly disagrees with the 'common sense' that I was taught as a medical doctor.Even if the rules are common sense, McKenna needs to be given great credit for showing people HOW to live these habits. Hopefully you are buying this for the results, not just to have a fun read and a relaxing, new-wavy listen.Yes, the coverpages are a bit hypey, but the inside is less so. The book is refreshingly thin :), jargon-free, and entertaining.McKenna's style also involves techniques such as tapping (TFT/EFT), hypnosis and NLP . Hypnosis is what first made Paul famous, and I've seen NLP Practitioners review this and say they knew all of these tricks before. In NLP terms Paul is saying that the Golden Rules are the "model" for being "naturally thin".

If you're reading these reviews, what you really want to know is: does it work? YES!!!! Buy it, read it, do it. Listen to the CD religiously. Watch the pounds melt away and enjoy the change in your life. You've been looking and waiting for a magic pill, well the magic is here, just not in the form of a pill.I'm a 60 year old mex-am. raised on the border on a high fat diet, yet I was thin (5.0 ft. & 98 lbs) until I hit 40. A traumatic experience threw me into a depression and I steadily gained (and lost and gained through diets) weight until I hit a high of 144. Last year at this time I had managed to start the year at 134. The weight gain made me even more depressed and I was in a vicious cycle. Then around this time last year I heard a commercial announcing McKenna's upcoming T.V. show. I was desperate for change and thought it sounded too good to be true, so I googled McKenna and wound up on the site in the U.K. and read a ton of reviews just like this one. Sounded good. Then I saw the

T.V. show. It made sense. But what really struck me were the PEOPLE doing the testimonials. Not all had reached their goal weight yet, and yet there was a radiance that they all exuded that made me jealous. These were no teary eyed testimonials as I'm used to seeing with say Richard Simmons or any of the other lose weight infomercials. These were happy people, not hyper, not hysterical, just calm, happy in their skin, with an "all's right in the world" attitude. There was no dichotomy of the fat me and the thin me, or the old me and the new me. It was just that's where I started, here's where I am. For me this has been the real gold in Paul's system and losing weight is just the cherry on the cake.

For almost 2 years now I have been handing this book and 'mind-reprogramming' CD to every patient who comes to me to lose weight, or who is caught up in the mentality of diets, scales, cravings, or overeating.At the risk of making this book seem overly simple, here are Paul McKenna's 4 golden rules...1. When you are hungry, eat.2. Eat what you want (not what you think you "should".)3. Eat consciously and enjoy every mouthful.4. When you are full stop.I've seen other "I Can Make You Thin" reviews that dismiss the 4 rules as just obvious common sense. I'm not sure what common sense they can really mean since the rules make a mockery of the majority of get thin / lose weight approaches around. Rule 2 in particular certainly disagrees with the 'common sense' that I was taught as a medical doctor.Even if the rules are common sense, McKenna needs to be given great credit for showing people HOW to live these habits. Hopefully you are buying this for the results, not just to have a fun read and a relaxing, new-wavy listen.Yes, the title and the back cover is a bit hypey, but the inside is less so. The book is refreshingly thin :), jargon-free, and entertaining.McKenna's style also involves techniques such as tapping (TFT/EFT), hypnosis and NLP . Hypnosis is what first made Paul famous, and I've seen NLP Practitioners review this and say they knew all of these tricks before. In NLP terms Paul is saying that the Golden Rules are the "model" for being "naturally thin". Just knowing all the techniques won't help if you have the wrong model as I suspect most NLPers do.More importantly, you don't need any of these techniques to apply the 4 golden rules and lose weight.

I Can Make You Thin: The Revolutionary System Used by More Than 3 Million People (Book and CD) How Do You Kill 11 Million People?: Why the Truth Matters More Than You Think How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people and

then suddenly ... empty, just with one person, that is me.. Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) Million Dollar Ebay Business From Home - A Step By Step Guide: Million Dollar Ebay Business From Home - A Step By Step Guide Marketing the Million Dollar Practice: 27 Steps to Follow to grow 1/2 Million a Year How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Simply Salads: More than 100 Creative Recipes You Can Make in Minutes from Prepackaged Greens American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes More Than This (More Than Series Book 1) Eat Fat, Lose Weight: The Right Fats Can Make You Thin for Life Cook Yourself Thin: Skinny Meals You Can Make in Minutes I Can Make You Thin New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls) Transformers: More Than Meets the Eye (2011-) Vol. 1: More Than Meets the Eye v. 1 Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2)