



Personal handbook

for Slimpod and Fitpod users

42-day programme

INCLUDING



GOAL-SETTING GUIDE

SLIMMER'S CONTRACT

DAILY SUCCESS LOG

www.ThinkingSlimmer.com



Getting the best from your Slimpod

*** Start by listening for 21 days in a row**

Research shows it takes 21 days of repetition for the mind to retune itself and cause the changes you'll soon begin to notice in your body in the weeks after that. Many people listen when they go to bed and fall asleep listening – which is good, as the ears never sleep. However, others are equally successful if they listen to their Slimpod during the day. Everyone's different and what's important is what works best for you.

*** Keep listening for as often and as long as it takes**

Keep listening to your Slimpod until you feel confident you're well on the way to achieving your weight loss goal. How long this takes depends on how much weight you want to lose. We recommend you use the Slimpod for a minimum of 42 days, and longer if you want to lose a lot of weight. Weight takes years to put on so it won't suddenly disappear overnight!

*** You don't have to understand the words you hear**

If the words you hear don't make sense or you can't remember them later, don't worry. You shouldn't try to concentrate on what is said; just relax and try to empty your mind of all thoughts. That's when the Slimpod will work best. Just put your trust in it.

*** Be patient before using another Slimpod**

If you've received a second Slimpod as a bonus - such as Keep Weight Loss Going or Keep Weight Off For Good - don't rush to move on to it unless you're 100 per cent confident the original Slimpod has achieved its goal. If you move on to the next Slimpod then feel it's not yet doing what you expect, go back to your original Slimpod for another week or two. Don't get hung up on your weight, use how your clothes feel as a more reliable guide.

*** Fill in your Success Log every day**

You'll find a contract with yourself and a Success Log in this handbook. Everyone who has used a Slimpod says filling in the Success Log every day makes a big difference. Completing the log just before you listen to your Slimpod will accelerate the weight loss process because the more small successes you record the more there will be, as your mind shifts towards a state of permanent, positive change about your relationship to food.

*** Ask for help and look for support**

If you need advice about using your Slimpod, there is a free Ask Bex service on our website. You'll find it under the SUPPORT menu. For motivation, read the many success stories on the site and watch the videos on Slimpod TV. Keep returning to the website regularly as the articles on fitness, fashion and well-being are designed to help you lose weight. For instant support, there's non-stop chat going on with people like you at [Twitter.com/ThinkingSlimmer](https://twitter.com/ThinkingSlimmer) and on Facebook at www.facebook.com/ThinkingSlimmer. There's also the Thinking Slimmer Weight Loss Page on Facebook with its free Slimpod and Fitpod clubs.

Welcome to Thinking Slimmer —



Forget those scales, get a measuring tape!



A personal message from

SANDRA ROYCROFT-DAVIS

the founder of Thinking Slimmer

Thank you for joining the thousands of people who are achieving great success with Thinking Slimmer. I look forward to hearing about your success too over the coming months. I know many people get very excited when they start their Slimpods and can't wait to jump on the scales and see how they're doing. If they haven't lost much weight in the first week or so they can become disappointed and wonder if the Slimpod's working.

Most feel that way because they've been conditioned by years of failed diets into thinking that the most important thing is what they weigh. What everyone should remember is that Thinking Slimmer is **NOT** a diet. So forget the scales and use a measuring tape, which is a much better guide to how your body's changing.

In the next few weeks you may not notice your weight changing as much as you expect. This is because Slimpods work from the inside out and the first thing you may start noticing that your clothes feel looser. That's why we create Slimpods to achieve goals, like dropping dress or jeans sizes, not to achieve specific targets such as "lose a stone."

What are the signs the Slimpod's starting to work? Well, many people notice their clothes are starting to fit better and their shape is changing. Please be patient: doing this properly takes time. Many people expect to lose lots of weight in a few weeks when they've been putting it on for years! That's unrealistic, isn't it.

I want you to promise you'll **keep listening** to your Slimpod for as long and as often as it takes until you feel confident you're well on the way to achieving your goal. How long this takes depends on many things because everyone is different.

You really shouldn't be weighing yourself much - if at all - and if there's a zero weight loss or even a minor gain, **don't worry** about it. The best thing you can do is regularly measure your bust, waist, hips, arms and thighs and see how they are gradually shrinking as your body shape changes. Feel how much better your clothes fit. **You will know** from how much less you are eating and how much better you look and feel that the Slimpod is working.

[You can read more at
www.ThinkingSlimmer.com/Scrap-The-Scales]

Welcome to Thinking Slimmer



Enjoy slimming and get used to smiling



A personal message from
TREVOR SILVESTER
the Voice of the Slimpods

The Thinking Slimmer experience is totally different from any other weight loss method because there's no diet to follow, no willpower required, no calorie counting. It's simple and it's easy. Your Slimpod or Fitpod will gently retune your mind and adjust the way you see food and exercise.

So you'll be able to get on with enjoying your life while your mind gets on with losing the weight. Everyone wants to lose weight quickly but it's not a race. What we want you to achieve is **permanent weight loss**. Some of our slimmers start to lose weight almost immediately, while others take several weeks to start the process. Everyone's different.

One lady lost 18lbs in her first three weeks – and that was just the beginning. She's now lost more than 36lbs. Our experience is that most people can lose up to 7lbs weight in 21 days but it is after four to five weeks that the real weight loss starts. The average weight loss with a Slimpod is 16lbs over 10 weeks but for some people this can take longer. What you lose or don't lose isn't important; what's important is that your body's changing.

What you probably **WILL** notice early on is a series of surprising differences in how much less you want to eat and how much more you want to do.

One of the key things to recognise in the Thinking Slimmer approach is that you becoming slim is inevitable. **It is going to happen**, so it doesn't have to be a pressurised race to get to your target. Every day, doing more that takes you towards your target than takes you away from it is victory.

Some days you'll be pretty close to perfect, and other days you won't, but as long as each day you **do something more than nothing** then you're still moving forward.

I'm thrilled that Thinking Slimmer is able to help thousands of people like you to make a real difference to their lives and boost their confidence and self-esteem.

Get used to smiling – because you're going to be doing a lot of it

Trevor

How to set your goals



GOALS work. So here's what we suggest. Below we're going to ask you to set three realistic goals. Make at least one a goal that has you doing something that becoming slimmer will help you to enjoy more - learning something new, setting yourself a challenge (especially a physical one) or revisiting something you used to love that you've stopped doing. Something that you do, rather than something that you can own.

Break your goals down. Have a large one - 'I want to drop 10 pounds in 12 weeks'. Note how we've been specific, both about quantity and timescale. That works better than just saying 'I want to lose some weight this year'. Make it **achievable and realistic** - "I want to lose 10 pounds this week" isn't either of those.

Then work stepping stone goals backwards towards now. "By eight weeks I will have lost 7 pounds". "By four weeks I will have lost 4 pounds" etc. Work these all the way back to "What am I going to do today to be on course for my end of week target?"

Our brains tend to like things ahead of us to aim at, and the closer the better. It's why often the goal of a cream cake in the next 30 seconds seems more desirable than fitting into your jeans in three months' time. So it's important, if the jeans are your goal, to make sure you have plenty of **smaller steps** along the way - and **you're** making the rules, so if you want a goal that gets you from breakfast to lunch, then that's perfectly ok.

A goal of having a small piece of chocolate at lunch may stop you wolfing a whole bar at elevenses, because if the brain knows the treat is out there in the foreseeable future it stops craving for it.

My realistic big goals are:

1. _____
2. _____
3. _____

There are two things you can do which **double your chances** of reaching the goals you set. They're very simple and yet are proven to make a huge difference. One is to write them down. You've already done that so you're halfway there. The second is to make them public.

You can do this in lots of ways - a plane flying over your neighbourhood trailing them behind you, an ad in your local paper, the town crier outside Asda - but the easiest way is to post the contract on the next page on your fridge or your office wall. **Cut it out. Fill it in. Sign it. Post it up.** You've just got yourself halfway slim - and the rest of the way is just as easy.

Cut it out. Fill it in. Sign It. Post it up.

My contract with myself

I will achieve my goals of

1.....

2.....

3.....

and I will achieve them by this date:

.....

**I agree to follow all the rules of
the Thinking Slimmer method
so that it's truly successful.**

**I will listen to Trevor for 10 minutes a day
for 21 days in a row then for as long as it takes.**

Signed.....

Date.....

Slimpod® & Thinking Slimmer Loving Life® are registered trademarks of ThinkingSlimmer Ltd. All original material is Copyright © ThinkingSlimmer Ltd 2012. All rights reserved.





What **people like you** tell us about the differences they're noticing

For the first time in my life I now leave food on my plate and don't clear it

I am not thinking about food all the time or searching in my bag for snacks

I think less about food, and only look to eat once I am hungry and not by the clock

I'm aware of what I'm eating and without realising it I'm making much healthier choices now

I used to be a human dustbin but now I'm eating sensibly. I've done the unthinkable and joined a gym

I'm leaving food on my plate for the first time - and I'm not being stressed or worried about it

I'm pleasantly surprised that I can say 'no thank you' when someone offers me sweet things

The food I am eating tastes good - I eat slowly enough that I actually taste it for the first time

When I get on the scales I know I will have lost weight, it's only how much that surprises me

What they tell us about their **slimmer's contracts**

I put it at the side of my bed - it was the first thing I saw in the morning and the last thing I saw at night. I'm glad I didn't put it on the fridge, because I've not been going to the fridge very often over the last few weeks :-)

I put mine on the kitchen cupboard - the one with my son's snack things in and I also face it when I am preparing any food. The goal of getting in those jeans is very useful!!



Be inspired by the resources VIP membership gives you

Now you've bought one of our products you're a member of the fantastic Thinking Slimmer VIP Club. This gives you full access to all the amazing resources on our 500-page website. Here's just a taste of what you'll see...

FOOD AND DRINK

More than 120 pages on food and drink plus healthy meal ideas



FASHION & LIFESTYLE



Clothes, makeup, hair on video

FITNESS & WELL BEING

Exercise
Health
Leisure



TV style guru on video



Online TV for slimmers

NEW MUMS

Now the new baby's here you can put your mind to becoming the woman you want to be

It may seem to suit a girl, and you may get used to the new number of nappies, feeds and bedtime nights. But how many more want to get back into shape as quickly as they can, and also see those lovely double or triple pregnancy marks, stretch marks and those huge leg hair on their bodies disappear?



Expert guidance

ASK BEX

I'm here to help and support you as you create a slim new you

As a VIP member of the Thinking Slimmer club you have full access to the Ask Bex help and support forum. By being in the form below you can submit questions about your Thinking Slimmer experience and Bex will answer as many of them as possible on the forum. Bex will also be able to read questions other slimmers are asking and the help she is able to give them.



Free online advice service

HEALTH

Nutrition
Obesity
& Diet
articles

OVER 50s

Weight, fitness and well-being specially for you



FOR MEN

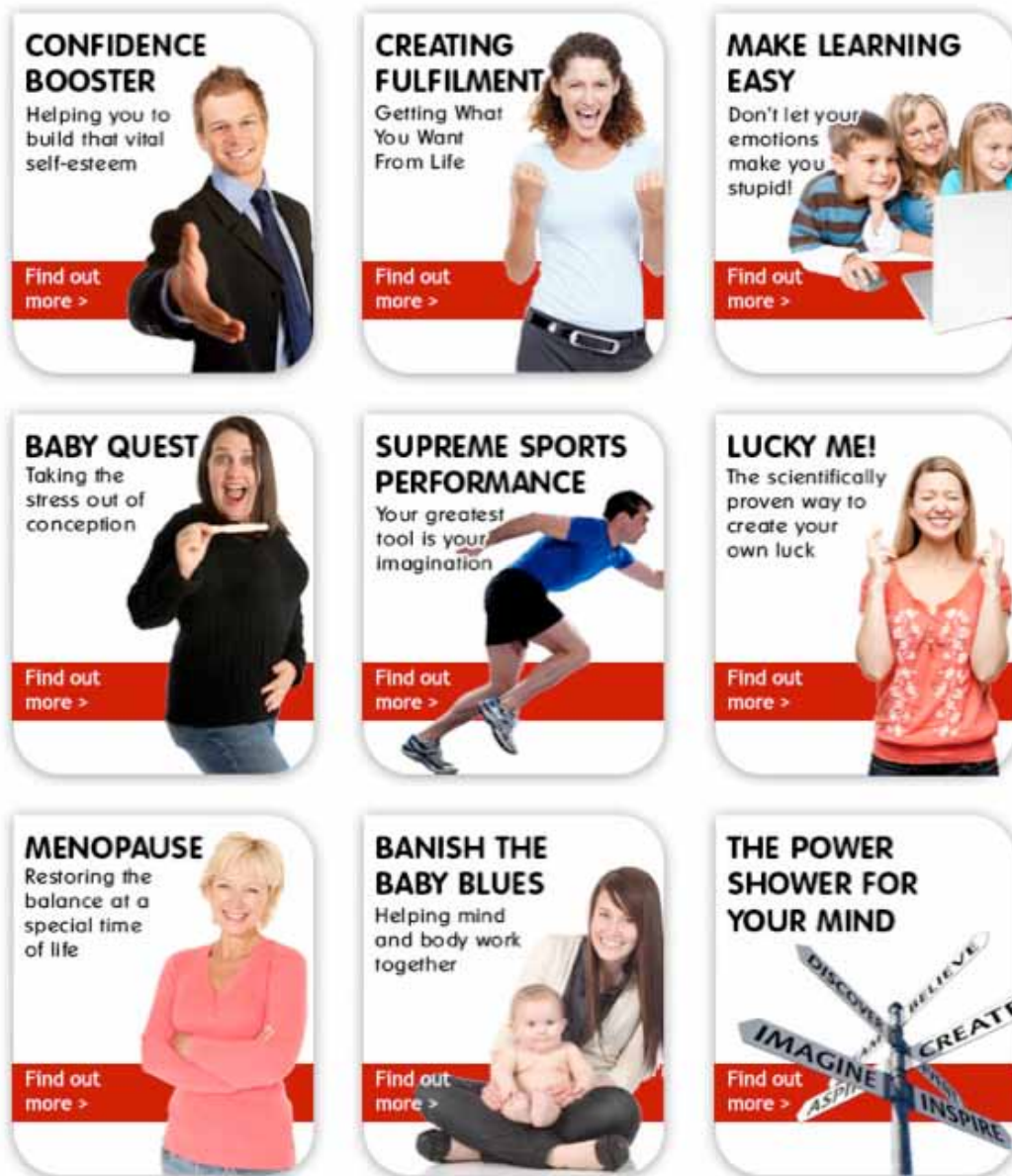
Get back in shape then stay that way

Own up fellas, has your get-up-and-go got up and gone?
Now you can put back the zest in life and look years younger...



PLUS MUCH, MUCH MORE...

Instant well-being downloads also available
from the creators of Thinking Slimmer



To find out more about these instant downloads, click on the LOVING LIFE menu on any page of our website or go to www.LovingMyLife.co.uk

Your 42-day **success** log



Reading through and completing your daily success log each day just before you listen to your Slimpod will accelerate weight loss by bringing to the attention of your unconscious mind the differences it is already making. Sometimes the changes might be huge, sometimes they might seem small, or even trivial. It doesn't matter – they all count towards creating the new you. Here's an example of what a typical day's log might look like.

Day 6	1..... <i>Noticed I didn't want a snack before lunch!</i>
	2..... <i>Fancied walking to the shops instead of taking the car</i>
	3..... <i>Only one glass of wine with dinner, drank lots of water</i>

Your daily success log will help you see the remarkable transformation that's gradually taking place inside you and will make losing weight and becoming fitter a fun experience.

We've left spaces for you to record your weight now and again - once a week is often enough. Don't get hung up on what the scales say, though. What's more important is how you feel about yourself and how much looser your clothes are starting to feel.

Day 1	1.....
	2.....
	3.....

Day 2	1.....
	2.....
	3.....

Day 3	1.....
	2.....
	3.....

Day 4	1.....
	2.....
	3.....

Day 5	1.....
	2.....
	3.....

QUICK QUOTE:
Get used to smiling, because you're going to be doing a lot of it from now on

- Trevor Silvester

WEIGHT LOSS TIP:
You don't need to weigh yourself every day, or even every week. And don't worry if you don't lose much weight at first - it's not a race!

Day 6

1.....
2.....
3.....

Day 7

1.....
2.....
3.....

Day 8

1.....
2.....
3.....

Day 9

1.....
2.....
3.....

Day 10

1.....
2.....
3.....

Day 11

1.....
2.....
3.....

Day 12

1.....
2.....
3.....

Day 13

1.....
2.....
3.....

Day 14

1.....
2.....
3.....

Day 15

1.....
2.....
3.....

QUICK QUOTE:
We first make our habits, then our habits make us
- John Dryden

WEIGHT LOSS TIP:
How much you weigh is not always a reliable guide to whether you're losing weight, as your weight can vary by a couple of pounds during the course of a day. What's more important is how your clothes feel

Day 16

1.....
2.....
3.....

Day 17

1.....
2.....
3.....

Day 18

1.....
2.....
3.....

Day 19

1.....
2.....
3.....

Day 20

1.....
2.....
3.....

Day 21

1.....
2.....
3.....

QUICK QUOTE:
Sometimes it can be the smallest decisions which can change your life for ever

- Keri Russell

CONGRATULATIONS ON REACHING DAY 21 - AND NOW KEEP ON LISTENING!

The three best differences I've noticed in the past 21 days are:

1.....
2.....
3.....

The three differences I'm looking forward to in the next 21 days are:

1.....
2.....
3.....

Now keep your success log going as you're noticing more changes from Day 22 to Day 42

Day 22

1.....
2.....
3.....

Day 23

1.....
2.....
3.....

Day 24

1.....
2.....
3.....

Day 25

1.....
2.....
3.....

Day 26

1.....
2.....
3.....

Day 27

1.....
2.....
3.....

Day 28

1.....
2.....
3.....

Day 29

1.....
2.....
3.....

**QUICK
QUOTE:**
Goals are the
fuel in the
furnace of
achievement.

- Brian
Tracy

Day 30 1.....
2.....
3.....

Day 31 1.....
2.....
3.....

Day 32 1.....
2.....
3.....

Day 33 1.....
2.....
3.....

Day 34 1.....
2.....
3.....

Day 35 1.....
2.....
3.....

Day 36 1.....
2.....
3.....

Day 37 1.....
2.....
3.....

Day 38 1.....
2.....
3.....

QUICK QUOTE:
Success does not consist in never making blunders, but in never making the same one the second time.
- H M Shaw

Day 39

1.....
2.....
3.....

Day 40

1.....
2.....
3.....

Day 41

1.....
2.....
3.....

Day 42

1.....
2.....
3.....

QUICK QUOTE:
Action may not always bring happiness; but there is no happiness without action.

- Benjamin Disraeli

The three best differences I've noticed in the past 42 days are:

1.....
2.....
3.....

My total weight loss in the past 42 days is...

I'm going to control my weight for ever from now on by...

1.....
2.....
3.....

We have used all reasonable care and skill in producing your Slimpod or Fitpod. Any decision you make about your lifestyle having used a Slimpod or Fitpod is your own and you remain wholly responsible for any decisions and actions you take.

Warning: The voice recordings should not be listened to while driving or operating machinery or if you suffer from epilepsy, clinical depression or any other nervous or psychiatric condition. The information provided in our handbook or on our website is not a substitute for medical advice. If in any doubt, please always consult your doctor.

Slimpod® Fitpod® Chillpod® and Thinking Slimmer Loving Life® are registered trademarks of ThinkingSlimmer Ltd. All original material is Copyright © ThinkingSlimmer Ltd 2010-2012. Reproduction in part or in whole strictly forbidden without written permission. All rights reserved. WordWeaving® is a registered trademark of the Quest Institute.