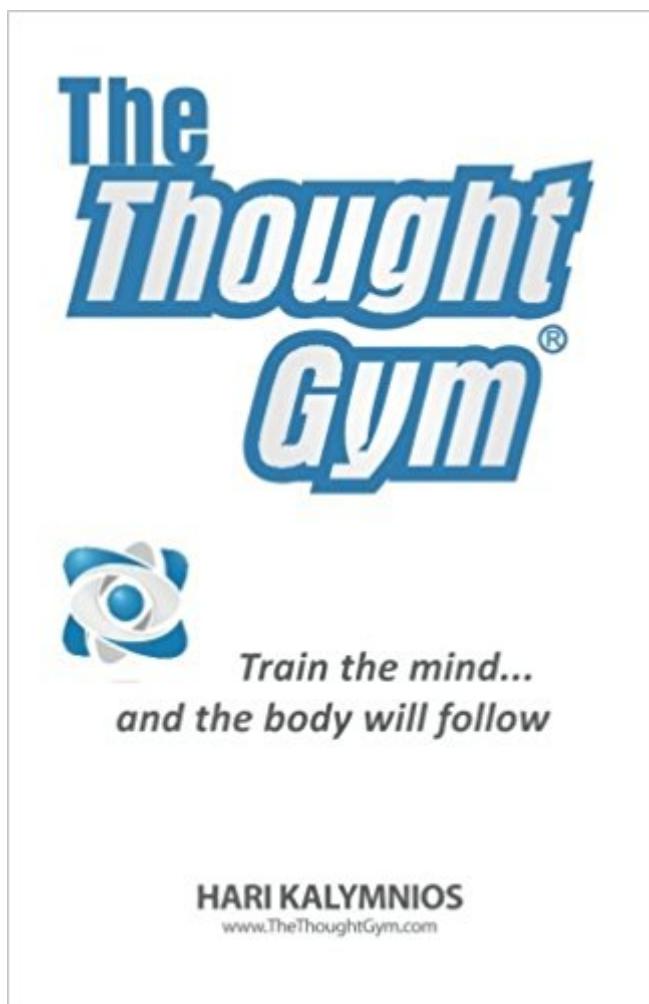


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# The Thought Gym: Train The Mind...and The Body Will Follow!



## **Synopsis**

Finally Â¢â ¸ a book which succeeds in addressing the area most other diet, health and exercise books miss Â¢â ¸ your thoughts! WhatÂ¢â ¸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 havenÂ¢â ¸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 youÂ¢â ¸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**

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## **Customer Reviews**

Hari Kalymnios studied Physics with Astrophysics at the University of Manchester where he earned a First Class Honours degree. Following his degree, HariÂ¢â ¸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 → [www.TheThoughtGym.com](http://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.

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