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**Am I Hungry? E-Newsletter
March 2007**



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“The Secret” to Weight Management

By Michelle May, M.D.

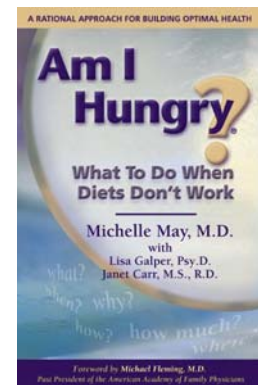
Have you heard of the Law of Attraction yet? This universal law has been recognized by successful individuals for centuries and is currently reaching millions of people through the viral-like spread of the movie “The Secret.” Oprah, Larry King and Ellen DeGeneres have already devoted several shows to discussing the concepts and the power of knowing and applying the secret.

The promo copy for the movie reads, “It is *The Secret* to everything - the secret to unlimited joy, health, money, relationships, love, youth: everything you have ever wanted.” Sounds unbelievable but just ask the next ten people you see whether they have heard of it and how it has worked in their lives. I think you’ll be amazed by what you hear from some of them.

The Law of Attraction states that like attracts like. In other words, where your attention goes, your energy flows. We attract what we want based on what we are thinking and feeling. We create our own circumstances by the choices we make and those choices are fueled by our thoughts. Therefore, our thoughts are the most powerful tools we have for creating the life we want.

If you’ve read “*Am I Hungry? What To Do When Diets Don’t Work*,” you’ve learned to use the Law of Attraction to manage your weight. (We wrote about it in our August 2005 issue: http://www.amihungry.com/pdf/newsletter_08_05.pdf).

“*Am I Hungry?*” also showed you that significant change entails far more than just “positive thinking.” It involves replacing old ineffective thoughts about eating and exercise with new powerful thoughts that lead to remarkable changes in behavior. Ultimately, this process leads to amazing, long lasting results.



Here is a brief recap of some of those applications and a reminder of the powerful food for thought from each chapter that transforms the way you manage your weight.

From Chapter 1: Life wasn't meant to be a struggle so forget restriction and deprivation and relearn to use hunger and satiety to guide your eating.

Food for Thought: I have the instinctive ability to manage my weight effortlessly.

From Chapter 2: When you were on a diet, you were forced to think about what you *couldn't* eat so as you tried to resist certain foods, your thoughts and attention were drawn to them and you craved them more than ever. When you eventually gave in, those foods had more power than ever so you usually ended up overeating them.

Food for Thought: All foods can fit into a healthy diet and I am in charge of the choices I make.

From Chapter 2: Let go of your negative messages about exercise like, "I don't have time," "I'm too tired," or "I have to follow the plan perfectly or not at all" that keep you stuck in ineffective behavior patterns.

Food for Thought: I am a healthy, active person.

From Chapter 3: When a craving doesn't come from hunger, eating will never satisfy it.

Food for Thought: I consider my options then make the best decisions for myself in each situation.

From Chapter 4: Instead of preventive eating or ignoring hunger until you are famished, remember that hunger is the best seasoning.

Food for Thought: I trust my body to let me know when it is time to eat.

From Chapter 5: When deciding what to eat, instead of attempting to follow a list of rules, balance eating for nourishment with eating for pleasure.

Food for Thought: I select food I truly enjoy while taking good care of my body.

From Chapter 6: Eating is a natural, healthy and enjoyable activity when it is done mindfully to satisfy hunger.

Food for Thought: I eat with intention and attention.

From Chapter 7: People sometimes eat too much as a result of habits, learned behaviors, a consequence of past dieting and not paying attention while eating.

Food for Thought: I eat until I feel satisfied, comfortable and content.

From Chapter 8: Despite this food and diet-crazed culture, remember the real reason you eat is to fuel your life and give you the energy to do whatever you need and want to do.

Food for Thought: I live an abundant, fulfilling life.

The secret to weight management isn't about finding the right diet or finding the willpower to resist eating foods you love. The secret is to recognize your old counterproductive thought patterns then change the way you think and feel about how food fits into your life.

Read or re-read "Am I Hungry?" <http://www.amihungry.com/book.shtml> then watch "The Secret" <http://thesecret.tv/> and begin to use the Law of Attraction to create the results you truly desire.

In health, enjoy!

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P.S. Order a copy of "Am I Hungry? What to Do When Diets Don't Work" and receive a complimentary Workbook and Awareness Journal with powerful Food for Thought each day. Just click this link: <http://www.amihungry.com/book.shtml> to stop dieting and start living now!

Do you want to change your thought patterns in just eight weeks?

Ellen did: *"I used to believe that my thin friends have a 'different brain' than I have. I didn't understand how they could eat so much more than me and be so much thinner. **You taught me their secret!** What a basic concept, yet it eluded me my entire adult life until I began your program."*

Join Dr. Michelle May for the next Am I Hungry? Workshop in Phoenix, Arizona. Mondays, April 2 – May 21, 2007 from 6:30 pm to 8:30 pm. Space is limited! Read more or register at <http://www.amihungry.com/weight-management-programs.shtml>.

More workshops available across the country. Go to <http://www.amihungry.net/> and click on **Find a Facilitator** in the lower right-hand corner.

No Facilitator in your area yet? Order your own **Stop Dieting, Start Living DVD Set and Workbook** and discover freedom from dieting and overeating. Dr. May facilitates these eight live, interactive, entertaining workshops with real participants. Learn more: <http://www.amihungry.com/weight-loss-DVDs.shtml>

**HEALTH CARE and FITNESS PROFESSIONALS:
Make a real difference in the lives of your patients and clients**

If you're passionate about helping people make sustainable healthy lifestyle changes, join us for Am I Hungry? Facilitator Training March 29-April 1, 2007 in beautiful Phoenix, Arizona. (Only two seats left.)

This amazing 3-day workshop will teach you how to facilitate Am I Hungry? Workshops in your office, community, hospital, corporation or health club. Be prepared to be inspired.

And as a bonus for this training only, we have added a special event: "The Law of Attraction in Action." You'll learn to use this powerful principle to create the results you want in your personal and professional life. Our instructor, Nicholas Tutores is one of a select few certified by Bob Proctor of "The Secret."

If one of the two remaining seats belongs to you, register now at <http://www.amihungry.com/health-professionals.shtml>. Continuing education credit available.

PAY IT FORWARD!

If you've ever read anything in this Am I Hungry? e-newsletter that inspired you, please pass it on your friends and family. They'll get a bonus copy of "101 Things to Do Besides Eat" to hang on their refrigerator when they order their own complimentary subscription at: <http://www.amihungry.com/enews.shtml>.

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