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Am I Hungry? E-Newsletter September 2008

For a formatted version of this newsletter:
<http://www.amihungry.com/pdf/newsletter-09-08.pdf>.

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PICTURE THIS: POSITIVE VISUALIZATION TO CREATE THE LIFE OF YOUR DREAMS

By Michelle May, M.D.

If you watched the Opening Ceremonies of the Olympics, did you marvel at how everyone knew exactly where they were supposed to be and when?

I think I figured it out a few weeks later when my daughter Elyse, a high school freshman, joined the Rolling Thunder Marching Band. Never mind the complicated musical score based on a popular video game. The part that truly amazes me is the drill—the formations we'll eventually see during half-time.

Each week, she gets an email from her director with ten new “dot” sheets showing everybody's position on the field. She prints them out and slips them into plastic sheet protectors hooked to a lanyard she'll wear around her neck during band practice.



I picked up a dot sheet as it came off the printer. There were over a hundred dots, each representing a different student. She pointed to a dot about mid-field on the 40 yard line. “That's me; P-11.” She pulled the second dot sheet and pointed to her dot ten yards downfield and closer to the sideline. “Now that's where I'll be 16 counts later.” I knew it was probably a silly question, but I had to ask: how'd you get there? “Usually in a straight line,” she replied.

Of course! Once you know where you're going, you just take the most direct route.

Since presumably no one is emailing you dot sheets, you're responsible for creating the vision for your life. Do you know where you're going? Do you have your coordinates mapped out? Do you know what it will look like when you arrive at your destination?

I'm all about mindfulness and living fully in the present moment but that doesn't mean you just stay on one dot. Instead, when you set a positive intention for what you want your life to be like, you're able to move forward, free to truly enjoy and appreciate each step of your journey.

This concept can apply to any aspect of living a healthier lifestyle. Whether your goal is to stop yoyo dieting or run a 5K, when you have a clear vision of where you're headed, your path for getting there will become more obvious. Take a few moments now to try this process for visualization:

Five Steps to Positive Visualization

1. Quiet your mind. Close your eyes and take a few deep breaths.
2. Allow yourself to imagine what's possible when you release self-doubt, negative thoughts, and perceived limitations.
3. Visualize an outcome that makes you feel content and joyful.
4. Picture all the details as if your next dot is already a reality.
5. Trust and act on your innate wisdom to bring you to that exact spot.

When you're able to clearly visualize a result that inspires and energizes you, a straight path will emerge. You then can put one foot in front of the other, steadily moving toward your goal.

In keeping with this theme, I have two new exciting tools to share with you this month to help you achieve a healthier lifestyle that you could only imagine before. (Hint: I'm wearing one right now and the other appears in the picture above.) Happy vision making!

Eat Mindfully. Live Vibrantly!
Michelle May, M.D.

NEW! *Am I Hungry? Bracelets*

These bracelets are a beautiful visual reminder to ask the simple but powerful question, *Am I hungry?* whenever you feel like eating

- These unique handcrafted bracelets will help you build the habit of checking in with yourself before you eat
- They are custom made for Am I Hungry?® using high quality materials – including many beads from Africa.
- Three styles to choose from – silver with black, brown, or purple glass and metallic beads. See sample photos at <http://amihungry.com/bracelets.shtml>
- The artist, Denyse, created them to help free herself from overeating and chronic dieting. Here's her story:



"After more than 20 years of yoyo-ing between 113 and 175 pounds, I discovered Am I Hungry?® while surfing the web. As I gradually freed myself from overeating and dieting, I needed frequent reminders to pay attention to my body's signals. At first I kept pieces of paper in my pocket that asked, "Am I hungry?" They kept falling apart so I laminated them—but they usually ended up scattered all over the house or ruined in the washer. Then I had an epiphany... Read the rest of Denyse's inspiring story at <http://amihungry.com/bracelets.shtml>.

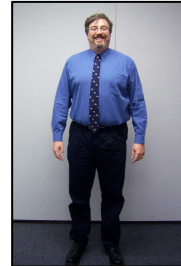
WANT TO SEE YOUR “AFTER” PICTURE BEFORE?



Most of us love those “before and after” magazine articles—but what if you could see *your* “after” picture now to inspire you to take the necessary steps to get there?



Friends of mine, Shane and Johnny, started a company called FitPics (www.FitPics.com) which does exactly that. You send them your “before” picture and they’ll put it through their “Digital Revisualization Process” and send you your “after” picture so you can see how you’ll look after losing 15, 25, even 50 pounds. It’s you, how you look right now, but at a healthier weight.



FitPics is getting ready to make this new technology available to millions of people but they want to test their ordering system first. Therefore, they’re offering you **FitPics worth \$24.95 at NO CHARGE** when you buy any *Am I Hungry?*® product or service before 11/10/09 to help you achieve your “after.”



Simply visit <http://www.amihungry.com/book.shtml> and choose from any of our tools—books, Self-Paced Program, or one of our new bracelets. After your purchase, you’ll receive a code to use when you order your FitPics. Happy visualization!

AM I HUNGRY?® E-MAIL OF THE MONTH

I’ve read your entire book and workbook and watched all your workshop DVDs. It has made the most sense to me out of all the different approaches I’ve tried. It’s healthy, stress free and gives me such a sense of “being in charge” of my life, my body, my thoughts, and my weight.

- Lynn Domenici

AM I HUNGRY?® WORKSHOPS AND TELE-WORKSHOPS STARTING SOON

Workshops starting soon: Decatur, Georgia; Phoenix, Arizona; Highland Park / Somerset, New Jersey; Provo, Utah; Grand Prairie, Texas; Kent, Washington; and other cities. Read more and find a workshop near you at <http://www.amihungry.com/weight-management-workshops.shtml>.

Hurry! There are also two Am I Hungry?® Tele-workshops starting in October. Visit <http://www.amihungry.com/tele-workshops.shtml> for more information.

NEXT AM I HUNGRY?® FACILITATOR TELE-TRAINING: JANUARY 21, 2009

Health professionals - mark your calendar for Wednesdays beginning 1/21/09. In just 12 weeks you'll be ready to offer Am I Hungry? Workshops in your community, office or company. Download a complete information packet at <http://www.amihungry.com/facilitator-training.shtml>.

MAKE YOUR MEETING MEMORABLE AND MEANINGFUL WITH MICHELLE MAY MD

When you need an inspiring wellness speaker for your association, hospital, or corporate meeting, visit www.MichelleMayMD.com. Michelle is available for keynotes, workshops, mindful eating experientials, wellness retreats, and nutrition and fitness lectures.

Order your own complimentary Am I Hungry?® Enews subscription or read past issues at: <http://www.amihungry.com/enews.shtml>.