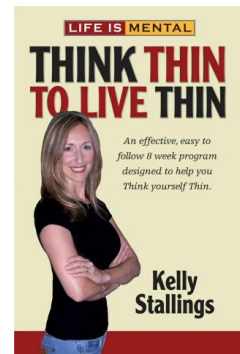




For Immediate Release

*Cognitive Training to Train Your Brain to Think Thin!*

It's time to lose weight for life. In her new book, Life is Mental: Think Thin to Live Thin, Kelly Stallings teaches the easy to adopt cognitive strategies to Think yourself Thin. Kelly has successfully used these techniques personally through multiple child births and a diagnosis of hypothyroidism developed after the birth of her second son. As she turns 40, she is a great example of 'Thin Thinking.' Over the past 14 years, Kelly has taught these same techniques to the thousands of clients served in her private psychotherapy practice based in both Texas and Colorado. Now you can learn these easy to use techniques to Think Thin to Live Thin! This book will change the way you think about eating, exercise and your body. Thinking thin is no mystery; it has simply been overlooked in the presence of the food pyramid and exercise recommendations. Weight loss is easy if you want it to be. If you are ready to lose weight for life, read Kelly's book to learn how to start Thinking Thin!



Kelly's book will teach you to...

- Eat what you choose and lose weight
- Eat consciously
- Identify and change ineffective thinking
- Feel good about your body
- Increase the exercise you are already doing everyday

For more information about the book, the 8 week program or to invite Kelly to speak at your event, visit [www.LifeIsMental.com](http://www.LifeIsMental.com) or contact [info@lifeismental.com](mailto:info@lifeismental.com).

Title: Life is Mental: Think Thin to Live Thin

Author: Kelly Stallings

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