

I Discovered How to **Think** Myself Healthy and Lost the Diet!



Me at 237 pounds.



Me at 177 pounds.

by
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It doesn't sound possible, right? **But, it is absolutely true!** In fact it is the only way I am able to maintain a healthy weight.

You see, the foundation for **what we do** is **who we are**.

What does that mean?

Well, life can be reduced to two things, **thoughts and actions**. In fact everything that exists was first a thought in somebody's mind which was physically brought into existence through action.

We are spiritual beings, gifted with intellect, living in a physical body. I highly recommend reading Dr. Bruce H. Lipton's book, "The Biology of Belief." In it he lays out the scientific proof that life within the cell is influenced by thought. Thoughts, of course, are not physical things but pure energy with which the whole universe vibrates. Our physical bodies allow us to translate our thoughts into actions as we move through life.

So our thoughts guide our actions, producing the results that we are experiencing in our lives.

What most people fail to realize is that it's not possible to take an action without having a thought that precedes it.

If we don't like the results that our actions are producing in our lives, we will have to change our thoughts because **it's our thoughts that are directing our lives**.

Hopefully, you now understand that **what we do** (our actions) are based on **who we are** (our thoughts).

Most people who want to lose weight, change **what they do**, in other words, they go on a diet. They may have limited success for a while but if they haven't changed **who they are**, soon revert to the foods and portion sizes that they previously enjoyed.

Successful weight loss requires us to change what we think about our choices of foods, portion sizes, motivations and satisfaction. Once we change who we are, then what we do will change as well. Jim Rohn used to say that "success doesn't happen by chance, it happens by change." If we want things to change for us, then we have to change. In other words, we have to improve who we are.

Improving who we are only happens through the process of personal growth.

I want to help you improve who you are. That's why I wrote "Thinking at the Speed of Life."

"Thinking at the Speed of Life" is an eight-week **online** course designed to **help you understand and develop foundational personal growth.**

After completing the course you will understand **how to become the person that you want to be** so that you can accomplish whatever it is that **you want to accomplish** and have whatever it is that you **want to have.**

Disclaimer – This course is not for everyone!

- **I don't suggest** that you take this course **unless** you are **serious about changing your life.** Many people are not willing to put in the **effort** that personal growth requires. You know already if this course is right for you. Are you the kind of person that senses that **life has more to offer you** than what you are currently experiencing? Do you believe that **you would like to accomplish more** than what you are currently accomplishing? Would you like to **enjoy more of the good things** that life has to offer but don't think that it's possible? **If you answered yes to any of those questions, this course is right for you!**

Right now is the perfect time to become a better person. Of course summer and swimsuit season are just around the corner but even more important is the **Spring Special** we're running right now.

Normally the cost of the eight-week course is \$197. We are offering special introductory pricing of only \$97 **but if you act today you can purchase the entire eight-course for only \$39.** That's a **savings of over 80%!** Don't delay because this **Spring Special pricing won't last long!**

Start becoming a better person today by visiting;

<https://www.growingpersonnel.com/shop>. Select the ***Thinking at the Speed of Life Online Course*** and add it to your cart. At checkout enter the promo code, **think healthy**, to receive the additional **\$58 discount.**

I'm excited that you are stepping out on your personal growth journey and I am looking forward to working with you to help you become the person that you want to be!

Sincerely,

Justin T. Peterson

