



Introduction

After more than 10 years helping hundreds of people lose weight, I am convinced that real secret isn't just your diet or how much you exercise.

In truth, it's your brain – and your “mind” -- that create your body.

When people first come to me, many report the same dilemma: “I know what to do to lose weight; I just can't seem to do it. Sooner or later, I lose focus -- not weight-- and stop doing what I need to do.”

This is the reason why **85% of people regain weight and relapse when they diet.** If you try to change your body while keeping the same old mindset that led you to gain weight in the first place and it's no wonder, you end up with the same body!

Eating is not controlled just by your conscious mind and your will. In fact, it's the emotional brain -- and the automatic/habitual mind— that has more control over what you eat, when you eat, and how much you eat. The good news is that according to recent research in neuroscience, our brains are inherently able to change throughout our lives. This is called “neuroplasticity.”

In fact, Dr. Norman Doidge, researcher, and author of the book [The Brain that Changes Itself](#) reports that: “the brain can change its own structure and function through thought and activity.”

This is exactly what you will learn to do using the Nirvana Diet, and why it has already helped hundreds of people successfully lose weight and keep it off permanently.

Over the next 8 weeks, you will be learning **how to use your mind differently**, so that you can achieve a state of mental and physical balance and achieve your goals, not only for weight loss, but for other areas of your life, as well.

It is my deep pleasure to introduce you to the Nirvana Diet method, and to serve as your guide over the course of your program.

The program is for eight weeks and contains a morning and evening meditation that includes meditative breathing techniques and hypnotic suggestions. May you achieve the success you have always wanted. *Skyler*

Weekly Overview of the Nirvana Diet

Week 1: Right Understanding: Getting Real: Eat with your eyes open.

Fill out the assessment. Start to become more aware by keeping track of what you eat and how much you move. Write down your thoughts, feelings, level of motivation, doubts, and fears in a journal. If you are not already exercising daily, begin by walking twenty minutes a day, six days a week

Week 2: Right Thought: Start to think like a thinner person: Eating Real Food.

Thinking like a thinner person begins with eating real food. Processed and fast food contain too many empty calories, too much sugar and fat. Eating this food makes it harder to lose weight and control our intake and desire for food. Eating more 'real food' that includes plant-based food has lots of fiber and eliminates the harmful results of processed food that contain sugar, starch, flour, sodium, and saturated fat.

Week 3: Right Reason: Eat for the real reason.

Understanding the difference between hunger and appetite. The goal is to eat when you are hungry and stop when you are full. To do this, you must know how to distinguish between mental appetite and physical hunger. This might include learning how to feel your feelings without using food and begin to uncouple food and feelings this week.

Week 4: Right Action: Eat the best energy for your body, according to your real energy needs.

This week is all about portion size—and it's not one-size-fits-all. Not all calories are created equal. Identify the best kind and right amount of energy to identify your weight loss strategy for your body, based on your activity level and body composition. You'll also pay

attention to portion size and measure the food you eat this week. You'll be asked to notice when are full and be able to stop eating.

Week 5: Right Livelihood: What are really hungry for?

How to make your life more fulfilling.

Healthy relationships, a fulfilling career, a rich spiritual practice, or pursuing something you are passionate about can fill your soul and satisfy your hunger for life. This week, you'll explore the difference between pleasure and happiness, and identify what soothes and fuels you—that have nothing to do with food or eating.

Week 6: Right Effort: Stretch beyond your comfort zone.

Get into the right exercise zone for your ideal weight. If you haven't already, you'll bring your exercise up to the weight-loss zone: 45 minutes of cardio in your target heart rate 6 days a week, plus 15 minutes of a strength-training program. If you're already there, pick something else in your life that requires you to go beyond your comfort zone. Lean into it and learn how to "live towards the roar" and deal with your fear.

Week 7: Right Mindfulness: Becoming more Present and Stress Free.

Learn how to be fully present to what you are experiencing from moment to moment. This is where we deal with the baggage, we carry that is heavy and unburden our mental load, making it easier to "lighten up." Mindfulness can also be applied to the act of eating. Explore eating slowly, without doing anything else but eating. Give yourself space to really enjoy the food.

Week 8: Right Concentration: All things in Moderation.

Make a list of the foods you think that you really missed. See if you can eat something from that food list that you consider to be worth it, in moderation during the week and without gaining weight. Allow yourself an indulgence each day that does not comprise more than 100 calories. Banish guilt from your mindset. Observe how you react

to eating the food instead. Perhaps you no longer have the same desire, it triggers you to crave more, or you can just eat it enjoy it and be done. You may not lose weight this week, but the goal is to get right back on track, restart again next week and take your weight loss to its next level. Remember a diet means your manner of living. The way you eat to lose weight is how you continue to eat.

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To The Nirvana Wisdom

"It's not just what you eat... It's what you think -- and give your attention to -- in that one moment that creates success. What you resist, persists "

Diet comes from the Greek word *dieta*: mode or manner of living. We must make our diets more than the food we give to our bodies. Our "diets" must include **everything about our lives**, from how we process our **feelings**, to what we do when we are frustrated, scared, or angry, to what we do for **fun** or to **relax**.

We can do this by learning "mind control." That sounds dramatic, but all it means is to gain control of your senses, overcome your past conditioning, and retrain your brain and body to work in ways that get you more of what you want in this life. This is a step to becoming more empowered as a person.

Mindfulness in a nutshell:

1. Stop
2. Pause
3. Think
4. Rethink
5. Then act from intention.

The Nirvana Diet is "a diet for the mind" that helps you to live your life differently. In many cases, being overweight is really a symptom for something else. What that means: if you want to successfully lose

weight, you can't just treat the "symptom." First, you must uncover, deal with and neutralize the underlying cause. This is what we mean by "change from within."

"Think Thinner" **--It works!**

As it turns out, you can learn how to train your brain to **think like a thinner person**. And this way of thinking can absolutely come naturally to you, wherever you are right now.

So, what does it mean to "think thin"?

When you think like a thinner person, you will prefer eating healthier food—and enjoy it! You won't want to mindlessly eat more than you need. You will even lose your desire to eat "unhealthy" food...without feeling deprived, grumpy, or negative.

How to "think thinner":

1. Eat for the

- Right reason
- Right kind of food-- **real** food
- Right amount
- In the right way (consciously and slowly)

2. Enjoy daily exercise

3. Learn to sidestep stress...not mind it.

4. Cultivate a more fulfilling, happier view of life.

The Nirvana Diet method will show you how to do this, step-by-step. So, pay attention to the Nirvana Wisdom each week, follow your Mental Diet, and practice the Applied Wisdom. They are all

designed to show you how to think like a thinner person – and enjoy the whole process of reaching your weight loss goals.

Ready to begin?

These new habits will help you succeed

“Make sure your habits work for you, not against you. Let your new habits become automatic.”

It has been said that it takes four weeks to break an old habit. It takes another four weeks to establish a new habit, and another four weeks of doing it consistently before it's “set”. Repetition is what works.

And it takes up to 9 months of “doing it differently” to cause the neural pathways in your mind to actually “rewire” ...so that your healthy lifestyle runs on autopilot. That's how we “change from within” ...we internalize it, so it becomes a part of you!!

The bottom line is that losing 10% of your bodyweight (or 20%, if you are very overweight) and keeping it off for three years is a successful lifestyle transformation. That means never letting more than one to three pounds ever come back before you re-engage and shift from maintenance mode back to weight loss.

There may be times we “recycle” and back track, but we don't get off completely off track. This can happen a few times until the changes become a part of you. Then you have what I call termination. What that means is the old desires and ways no longer have any energy or place in your life.

And it means that your goal isn't just to lose weight. It's to change your life – and your lifestyle. Always strive to make your new habits for health and wellbeing your number one priority. The habits you form during this eight-week period are meant to become part of your lifestyle. For example, even after you lose the weight you want, you never let go of exercising 60 minutes a day or weighing yourself daily.

This is a journey...enjoy yourself. Learn how to tune into your body's wisdom about what, when, how much to eat and how your body responds. It will be easier than you think.

The Nirvana Habits



Meet the new habits you'll use to train your mind and change your life...

...So, you lose weight, permanently and naturally.