



Think and Grow Thin: Size 16 - 10 in 14 weeks -

Melanie Smyth

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A DIET BOOK LIKE NO OTHER. How one of the best motivational books ever helped me go from a size 16 to 10 in 14 weeks. I will at no point tell you what not to eat. This is a fresh new method that I welcome you to try, keep on reading you will be surprised.

This book is a story that follows a London girl through the most amazing transformation of her life. That London girl is me and my name is Melanie. From I left college 6 years ago I had such trouble with my weight – All diets seemed to do was play with my emotional state.

Then I bumped into an old college friend that reminded me of my past when both of us turned heads, what had happened to me. Events led me to find a book that would prove to change my life.

In that book there was a secret, that when I applied, my life started to blossom right in front of my eyes. I was growing as a person watching the weight fade away. It made me realize that the weight was affecting more than my looks. It was affecting me in more ways than I ever knew.

Its only when I returned to the size I was in my college days did I realize how much my thought pattern had changed. I was basing a lot of my decisions on would I fit in. As I didn't feel comfortable around girls that looked like I once did. I was a lot more confident and expressive and with that came Joy.

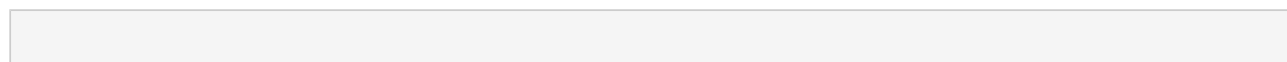
There is nothing wrong with being big as long as your happy with who you are, but I simply wasn't and would disguise that pain with food. It was a vicious circle from which it seemed there was no escape. Friends that were smaller could not relate and girls like myself didn't want to talk about it. I was in a downwards spiral and thankfully I got out. I feel so free now and this book is me shouting out.

I hope that my story can awaken that little girl within, that is screaming at you to live the life of your dreams. Where you can wear what ever you want and don't have to choose clothes that hides all the folds. I know because I have been there and its not a good place to be. You will find out that there is so much more holding you back than you may think and the solution is a lot more than just cutting what you eat.

I'm so happy that I achieved my goal and I simply had to share. So the secret that I discovered may help more women out there, that might be feeling like I did - IN DESPAIR

The secret was like having a personal trainer although it was free and I could take it everywhere with me. I invite you to listen in as I bare myself to you, through a journey that awakened the Mistress within.

Melanie x



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Cheri Adamo:

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