



Naturally Thin: The 7 Eating Habits Naturally Thin People Have (but the Diet Industry never talks about): - Discover how to relax around food and free yourself from a lifetime of dieting

Ingrid Lindberg

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The 7 Eating Habits Naturally Thin People Have (but the diet industry never talks about)

Discover how to relax around food and free yourself from a lifetime of dieting

There's an insidious idea out there that is secretly keeping a lot of people overweight. It's a simple thought, and one that goes unchallenged most of the time. What is it? Well, if you've ever heard someone say, "but it's easy for her to stay thin, it's all in her genes!" then you've encountered this problem face to face.

The dieting industry makes it seem like losing weight is some sort of rocket science, a top secret combination of special foods eaten in special ways and all kinds of expensive superfoods, fitness fads and embarrassing celebrity endorsements. And so it's understandable that when someone seems to stay slender, it must obviously be because they're just naturally that way. By accident, even. We assume some special innate characteristics mean they get to run circles around the laws of physics, eat junk food and end up with flat abs and a bum you can bounce coins off.

The truth, though? Nobody is naturally thin.

In fact, when somebody claims to be naturally one way or the other (naturally slim or just naturally bigger, without anything they can do about it) what they are actually telling you is that they have a lifestyle that naturally leads to either a healthy weight or overweight.

Nobody can fight the laws of physics, but people are born with different temperaments, different life philosophies, and different attitudes towards food. Look at a thin person, and what's likely the cause is that they think about food differently, and because they do, they behave differently when they eat.

As with so many things in life, your attitude determines everything. What is your attitude to food? Are you carrying around ideas, thoughts, feelings, misconceptions, biases, illusions and wishful thinking that is actually making you collect extra pounds? Or do you hold a mindset about food that allows you to make rational choices that result in a stable, healthy weight?

If you're like me, it's a mix of both! In this book, we'll look at the 7 key ways that "naturally" thin people differ in the way they think about food and themselves. We'll see how these attitudes lead to a natural respect for the body's appetites and a disregard for junk food advertising and other external cues. We'll see that naturally thin people don't fight with their food, and know how to savor their meals – and stop when

they're satisfied.

Naturally thin people must be sounding like a rather smug bunch at this point, right? But here's the point: you can be naturally thin, too, by gradually adjusting your own food attitudes. We'll look at ways to incorporate these habits and ideas into our own lives, and start using that shift in perspective to make better food choices.

The 7 Habits of Naturally Thin People will help you to:

- Transform your entire relationship with food
- Gradually lose weight and keep it off for the rest of your life
- Let go of magic pills, shakes and other stuff the dieting industry, colleagues and that skinny Youtube chick want you to believe in
- Explore and understand why you eat when your body isn't hungry
- Take responsibility to love, respect and nourish your body
- ..and much more inside!

Learn how to relax around food and free yourself from a lifetime of dieting TODAY!

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