



Health and Fitness Diet & Nutrition Diets Weight Loss: Weight Management: Think and Grow Thin? (Eating Disorders, Controlling Over-Eating Thoughts)

Clayton Redfield MA/Psych/CMHC

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5.0 out of 5 stars

"Great book ! Simple and effective."

By Amazon Customer on March 29, 2016

"Thought it was on point! Being a therapist myself, I totally agree! Mind muscles need to work and practicing one thought at a time is key !"

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By DoctorOsPhd on September 6, 2014

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"Short and right to the point."

By Stacy H. on February 29, 2016

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'I love when the author leaves out the "fluff" and gets right to the good stuff.

This is a case of less pages is more.

Very easy clear instructions on how to make changes in any behavior as soon as you read this book.

For example, every time I think I need to eat I use this quick technique and it works to help me not "boredom eat."

The Five Minute Journal for any Behavior Change was created over years of private and public practice using proven elements of positive psychology and a very simple self-administered cognitive therapeutic technique that can make all the difference in an individual's quality of life.

WHY I LOVE "THE FIVE MINUTE CHANGE":

1. Its simplicity and effectiveness brings success immediately, on day one. This has a tendency to surprise people. It also makes them happy.

2. Psychologists know that the secret to success is consistency and when the One-Thought Process® is practiced only five minutes a day, the results are simply miraculous.

3. It's built on proven principles developed for the treatment of tough, ingrained criminal and addictive behaviors and now found to work on serious as well as everyday behavior change challenges.

If you're the kind of person who always wanted to change one or more behaviors but can't wait or can't afford the time spent unnecessarily in years of expensive, drawn out therapy, The Five Minute Journal for Behavior Change, using the One-Thought Process® was created for you.

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