



Live Your Perfect Weight

SPECIAL ANNOUNCEMENT!!

August 25, 2009

AFFIRMATIONS AND INTENTIONS

"Many of us spend our whole lives waiting for our ship to come in. Then when it does come in, we're too scared to unload it. -Dr. Robert Anthony-

I am pleased and VERY excited to announce my affiliation with Dr. Robert Anthony, author of "Beyond Positive Thinking" and "The Secret of Deliberate Creation", plus 6 other books in the psychology and self-help field!

I just finished reading "Beyond Positive Thinking" by Dr. Robert Anthony, and it really grabbed my attention. You can link to his site from my website at www.LiveYourPerfectWeight.com.

The reason I love this book is that it speaks so much truth in such a simple and direct way that it makes total sense. It is easy to understand and easy to apply the principles into one's life. I've had some 'ah-ha' moments while reading it and even though the author wasn't saying anything I haven't heard or read before, this time it really resonated with me.

It's similar to when you really understand something that you have been struggling with, such as higher math, and you finally have an instructor that makes it so easy and clear that you wonder why you didn't get it sooner. This book has that same effect. Finally, all the other self-improvement information that you have read and heard before now makes total sense.

In my e-books "Live Your Perfect Weight" and "Change Your Script - Change Your Life" I encourage you to write down your affirmations and repeat them every day. In this book by Dr. Anthony, he refers to affirmations as "intentions", and I like how he words them a little differently than just a simple affirmation. To give you an example of his writings and thoughts, Dr. Anthony says:

"Sometimes we think we know what is best for us, and we are correct. Other times we can do more harm than good. Keep in mind that intentions are powerful and they will bring into our lives whatever we focus on with repetition and emotion."

He goes on to say that we should use what he calls the "Intention Statements Insurance Policy".

When making an intention statement, he says to add the following statement to your intention: "I accept this or SOMETHING BETTER. Please make whatever takes place

for the highest good of myself and everyone else involved." Dr. Anthony provides a very comprehensive list of intentions, and I have included a few for you:

"It is my intention to love my body and treat it with total respect."

"It is my intention to believe there is a Power working through me to manifest good in my life."

"It is my intention to believe I am not what I have, and I am not what I do."

"It is my intention to be open to insights from my Higher Power."

"It is my intention to be alive 100% of the time and show it by action with enthusiasm."

"It is my intention to enjoy making my intentions statements regularly" - I love this because it is what I've been trying to get across to you - the importance of saying your "affirmations" or "intentions" daily. I love it because it is also reinforcement and a reminder for me!

Sometimes we work too hard at trying to change ourselves and our thoughts, and then we beat ourselves up because we think we lack discipline. Dr. Anthony says: "Positive self talk works on the theory of displacement. If you have a glass of dirty water and you put it under the faucet and start running clean water into the glass, eventually the dirty water will be displaced by the clean water. When you replace unworkable thoughts with positive, workable thoughts, the same phenomenon occurs. It is not necessary to get rid of limiting beliefs we hold in our subconscious. What is more important is to ensure that the dominant thoughts we hold in our mind support us in getting what we want, instead of what we don't want."

- Step 1- Affirm Your Goal with an "Intention Statement"
- Step 2 - Picture the End Result
- Step 3 - Feel the Emotion That Goes along with Accomplishment

Amazingly, this book was first written by Dr. Anthony almost 20 years ago and has just been re-introduced in 2007. If you would like to know more about Dr. Robert Anthony, go to my site www.LiveYourPerfectWeight.com, click on "Products" and then on "Books & Programs". I encourage you to order his program "The Secret of Deliberate Creation"! The thought below is just one of many that you will learn from him.

"If we change the picture, the change in our behavior and performance follows automatically." -Dr. Robert Anthony-

Till Next Time

Rosemary Evans

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www.LiveYourPerfectWeight.com

