



The Secret to Weight Loss  
That No One told you about

# Mindset Diet Secrets

The done-for-you Diet Strategy that  
will get you Guaranteed Results effortlessly

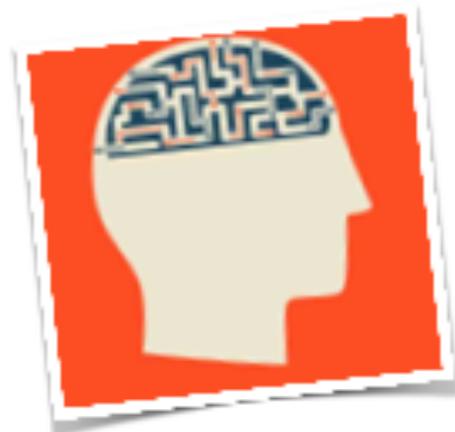


by **Kris Kemp & Terry Gamble**

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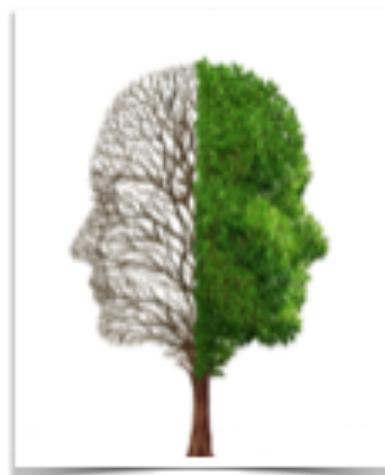
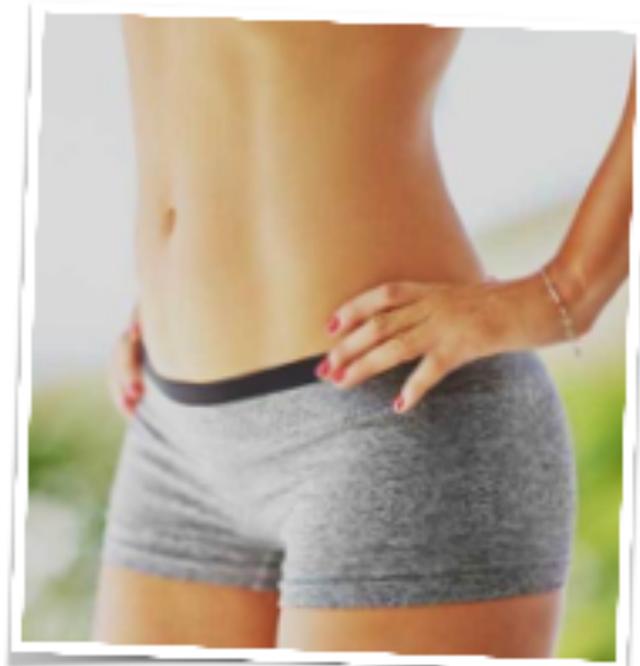
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**About this Ebook**

Mindset Diet Secrets features the secret to weight loss that no one told you about. This is the done-for-you diet strategy that will get you guaranteed results, effortlessly.

This ebook reveals two techniques that you can use immediately to start using weight. These techniques are simple, powerful, and effective. If done consistently, you will see beneficial results.

## About the Authors



Terry Gamble is a college professor, family counsellor, and NLP-certified therapist. She runs a practice in Palm Beach Gardens, Florida. Over the years, she has successfully counseled hundreds of patients, helping them to overcome struggles and identify a purpose and passion in order to find direction in their lives. Although her schedule is usually full, she sometimes has openings available for new clients. Feel free to reach out to her via email to schedule a consultation.

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Kris Kemp is a writer, musician, photographer, traveler, and creative entrepreneur. His writings include a novel, ebooks, screenplays, a musical, blog posts, and hundreds of email sequences. Although he have a variety of interests, they share the common theme of freedom—time freedom, financial freedom, health freedom, travel/location freedom. Check out

his novel at: [www.TheRailsNYC.com](http://www.TheRailsNYC.com) His specialties include “self-development made simple” [KrisKemp.com](http://KrisKemp.com) and “digital marketing to build an audience and grow profits” [KrisKempCreative.com](http://KrisKempCreative.com)  
 Schedule a free consultation via email.

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## **Introduction**

Tired of “struggling” to Lose Weight?

I was, too. Then, I discovered a way to ...

Lose Weight Easier!

I’m going to share what this unheard of method ...

You’re about to Discover how to ...

Lose Belly Fat and Look Younger

with this Done-For-You method that will get you guaranteed results, effortlessly.

This is the Diet Secret Most People, even Doctors, Don’t Know about ...

Get The Secret to Weight Loss that No One Every Told You About ...

Discover the “weird” technique that can help you lose 10 pounds a month ... guaranteed.

Without a gym membership, without expensive meal plans, without diet pills, without starving.

If you’re fat or if you have an embarrassing pot belly, you need this.

By the way, it’s free. :) )

First, let me give you a hint ...

This is why you’re fat ...

It has little to do with diet.

It has a lot to do with a mindset that you're holding.

The current mindset that you are holding, more than anything you've tried ...

the crazy diet plans  
the expensive gym memberships  
the overpriced meal subscription plans  
the weight-loss supplements

is what's keeping you fat.

How do I know this?

Because as an NLP-certified therapist, and a human behavior specialist, I've come to understand something—that all change, real change, begins on the subconscious level.

Change that does not begin on the subconscious level is change that is not likely to last for the long term.

In order for real change to occur, and real results to manifest, change needs to begin on the root level.

Ideas that are planted within the soil of the subconscious, that are nurtured, are ideas that take root, whose eventual growth leads to expanding into the conscious level, and bringing forth fruit (actions that yield results).

Among the dozens of clients who I've worked with, this mindset shift has enabled and empowered them to lose as much or as little weight as they want.

This, my friend, is ...

The Psychological Weight Loss Secret No One Ever Told you about ...

The done-for-you diet strategy that will get you guaranteed results, effortlessly.

Welcome to your journey to lose weight, effortlessly.

Mindset Diet Secrets shares two techniques that you can use to lose weight, effortlessly.

Are you ready to lose weight?

Before we go any further, can we agree to something?

Let's give ourselves permission to lose weight.

Let's trust the process, that we will lose weight.

One more thing ..

Ask yourself ...

What would it feel like to ...

Lose weight now.

Here are the two techniques that you can use to ...

Lose weight now.

## **Technique #1 - Conscious Eating**

interview with Terry Gamble (Family Counselor, NLP-certified Therapist, Palm Beach Gardens, FL)

### **Kris:**

Can you explain the mindset shift that you shared with a client, that enabled them to lose weight?

### **Terry:**

Two years ago, I had a client who seriously wanted to lose weight. She was ready to take some proactive stands about it.

Some things that came to my head was, I questioned her with, What did she seem to have a problem eating? Was there a certain time of the day? Was it while she was doing something else? Or, just how she could describe to me her eating habits.

After she told me her eating habits, I discovered that most of her eating was being done at unconscious levels. She ate while watching television. Just stuffing her face with snack foods and things like that, while she was watching TV. Therefore, she was not conscious of what she was eating at that moment.

Thinking about her eating habits, I came up with a strategy for her.

I suggested that she, first of all, buy a new set of plates for herself, with just a small dinner plate, that would be a smaller size than a large dinner plate, so that the size of her meal would be reduced.

And then, to have it very beautiful—to have a beautiful placemat for herself, and to make it a real time of action, as far as being aware of what she was eating, and to become aware that she was being proactive about it, and not just in an unconscious state of stuffing herself.



The reason you're fat stems from the fact that you are eating unconsciously.

Have you ever driven somewhere, perhaps to work or school, somewhere you typically drive five days a week and, while driving, you are so deep in thought that, once you arrive at the destination, you have no recall of driving there?

You have, right? Most of us have had this experience at one time or another.

How does this happen?

I'm sure there's a plethora of theories to explain this common occurrence. Here's one of them.

Essentially, while driving, you were in an unconscious state. Basically, you were driving while hypnotized.

Please forgive me for making assumptions but, if you're like most people, you've probably driven while in "an unconscious state", and arrived at your destination, likely a place you drive to every day or every other day of the week, without remembering the drive there.

If you've tried to lose weight and failed, you're probably eating the same way—in an unconscious state.

When you eat this way, you are eating "without intention".

You're unlikely to remember what you ate, how much you ate, and how it tasted, because you were eating unconsciously.

This is something that our ancestors and even most of our grandparents did not have the luxury to enjoy. As early as one hundred years ago, most food that was purchased from the grocery stores, especially the produce (fruits and vegetables) section, arrived

from local farms. The options for ordering food delivered and drive-thru meals were slim to non-existent. One hundred years ago, people ate consciously. Today, however, things are different. People eat on-the-go, at their laptops, while watching videos on their phones or tablets, in the car while driving. People eat without thinking. And this is one of the reasons why obesity has reached epidemic levels.

One of the secrets to losing weight is to eat on the conscious level.

You can do this a few simple ways ...

1. Use a beautiful plate, one that is smaller-in-size than a dinner plate. Search online for beautiful plates. Use DuckDuckGo.com for unique search results. You can also find nice plates at Walmart.com, Ebay.com, and local thrift stores.
2. Purchase a beautiful placemat, and your favorite utensils (fork, knife, spoon) that feel good in your hand, that are beautiful in appearance.
3. Eat at a designated location—one that is special to you, that makes eating a festive, fun, delightful, and memorable occasion. If possible, avoid eating at your desk, in your bed, while sitting on the couch, or in your car, unless those places are special places for you.
4. Prepare your meals consciously. Plan your meals. If possible, buy produce (fruit and vegetables) that are organic. Some towns and big cities have Community Supported Agriculture (CSA) programs, wherein you pay a monthly fee and, in exchange, receive fresh vegetables and fruits, all organic and locally grown (or grown within in a nearby town), every 3-to-4 weeks.

A few years ago, I had the privilege to rent a room in a giant loft in Williamsburg, Brooklyn, New York. One of the loft mates was a quiet Japanese girl who had signed up the CSA and every few weeks, a crate of fresh vegetables would arrive. She would prepare delicious meals,

sometimes baking the vegetables, sometimes preparing soups with them, and often preparing salads. She was healthy and ambitious and her conscious eating was inspiring to everyone who lived at the loft.

Does the Conscious Eating technique work?

Yes.

It worked for Terry's clients. And it will work for you, too.

## **Technique #2 - Subconscious Sabotage**

This conversation, and the question and answer that followed, helped me to identify another technique to lose weight, one that we'll call "Subconscious Sabotage".

Sometimes, the reason you're struggling to lose weight is because you're not addressing the real issue, the root cause, that resides at the subconscious level.

Recently, I explained the Conscious Eating technique to a friend who was trying to lose weight.

She was surprised by the fact she had never heard of this technique.

Then, her reaction shifted from being "surprised" to being "dismissive" with the simplicity of the technique.

She said: "This will never work!"

To which I replied: "When you say, 'this will never work', you are, essentially, making a promise to yourself, that you will not see results, that you will not lose weight, that this will never work."

She listened quietly.

I asked her: "What type of payoff do you get for being overweight? What are the benefits for you?"

"None," she answered quickly. "I hate seeing myself in pictures. I look so fat. And last week, when I went to yoga, everything was such a strain."

"Can I ask you a personal question?" I asked her.

"Yes," she smiled.

“Were you fat in high school?” I asked her.

“No.” She answered. “In ninth grade, I started developing and I started to get attention from guys.”

“How did that feel?” I asked her.

“I hated it.” She answered. “I was shy. I didn’t know how to deal with it. I liked winter, when I could wear coats. But guys still hit on me. I didn’t know how to respond.”

“Was that uncomfortable for you, when guys hit on you?”

“Yes,” she said. “Very.”

Let’s go over this conversation.

She said that all throughout high school, after she started developing, she started to get attention for her breasts, which were considerably large for her frame. She said that the attention, because she was shy and she lacked social skills to deal with it, bothered her. And that, because of her shyness, she was unable to handle it, that she “hated it”.

As she explained her tendency toward shyness, and the pain, or discomfort, she felt from being looked at, things began to fall into place.

I asked her: “Do you think that you gaining weight helped protect you from unwanted attention? That gaining weight served as an insulation against the unsolicited stares or conversations that resulted from your developing physical features? Perhaps the added weight was similar to you wearing a jacket during the Winter months, something you looked forward to doing, in order to hide your body from unwanted attention.”

“I never thought of it that way,” she said. “But after I got fat, I didn’t get any attention. So yes, that’s probably the reason.”

Because she considered herself shy, and she associated attention with discomfort, she protected herself from unwanted attention by hiding her breasts, by wearing jackets, and by gaining weight. Her main value was to keep herself from being noticed. And she was successful in reaching that goal. Her success in that goal meant that her success in reaching her weight loss goal could be accomplished merely by shifting her perception of herself on the subconscious level and, from there, acting on that thought—doing something, taking action.

We talked a bit more and then I developed a strategy for her. My solution, for her, was twofold.

1. Eat consciously. Smaller plates. Beautiful placemat. Beautiful utensils. Make eating a memorable experience.
2. Repeat statements to herself, every morning, afternoon, and evening, that she was worthy of attention and worthy of love, and that when attention and love came her way, she would have the resources to draw from that would enable and empower her to accept both the attention and love. Also, I recommended she tell herself, every time while she was in the shower, that she was a beautiful person and that she accepted her body for what it was and her body for what it was becoming, an even more beautiful version of herself.

She agreed to practice both of these techniques.

In three months, she had lost 24 pounds. She looked amazing and even ten years younger than her actual age. Also, she had started dating someone.

## **An Overview of the Mindset Diet Secrets**

Losing weight is easy. It starts in the mind. Adjust your thinking, and you will easily be able to adjust your weight.

### **1. Conscious Eating**

Eat consciously. Use a small plate. Select a beautiful plate, placemat, and utensils you enjoy looking at, that feel good in your hands.

### **2. Subconscious Sabotage**

Ask yourself: Why am I fat? How does staying fat benefit me?

Perhaps you are shy and when you are slim, you get unwanted attention, unsolicited stares, and this makes you feel uncomfortable.

Maybe you associate slim or skinny people with “jerks”, so much so that, as a reaction, you’ve gotten fat because “you don’t want to be a jerk”.

Identify the subconscious reason you are the weight you are.

Identify the payoff you get for being your current weight.

Change your thinking.

You can do this a number of different ways.

A few of them are ... repetition (repetitive statements), prayer (an outward petition to God), meditation (inward thoughts that are self-directed toward creating change at the subconscious level).

Repetition, especially through the use of a “pattern break” can be highly effective.

To learn more about this, search online with the phrase “pattern break as a way to introduce change”.

For unique results, use [www.DuckDuckGo.com](http://www.DuckDuckGo.com) instead of Google. Google tends to show sponsored results that do not necessarily reflect the best answers.

You can do it.

You can lose as much weight as you want.

I look forward to hearing about your progress.

Kris

[www.KrisKemp.com](http://www.KrisKemp.com)  
self-development made simple

[www.TheShiftDiet.com](http://www.TheShiftDiet.com)  
shift your thinking, lose the weight

[www.30DaystoSuperPowers.com](http://www.30DaystoSuperPowers.com)  
get a flat stomach and look 15-to-20 years younger in ten days or less

## **Bonus Ebooks**

Because you finished reading my ebook, I have a Bonus Gift for you ... a special collection of ebooks that will help you on journey to health

### [How you Rot & Rust](#)

source: <http://biomedx.com/microscopes/rrintro/rrintro.html>

### [The Health Benefits of Fasting](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/health-benefits-of-fasting.pdf>

### [Ancient Secret of the Fountain of Youth](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/Ancient-Secret-of-the-Fountain-of-Youth.pdf>

### [Health Secrets of the Hunzas](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/hunza-health-secrets.pdf>

### [Unlimited Energy](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/UnlimitedEnergy.pdf>

### [Your Own Perfect Medicine](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/Your-Own-Perfect-Medicine-by-Martha-Christy-with-Testimonials.pdf>

### [Urine Therapy Ebook](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/urine-therapy-ebook.pdf>

### [Guide to Urine Therapy](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/Guide-Urine-Therapy.pdf>

### [The Water of Life - Treatise on Urine Therapy](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/the-water-of-life-treatise-on-urine-therapy-by-john-w.-armstrong-1971.pdf>

### [The Golden Fountain](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/The-Golden-Fountain-Coen-van-der-kroon-1994.pdf>

### [The Miracle Mineral Solution of the 21st Century](#)

source: [http://www.kriskemp.com/wp-content/uploads/2018/04/mms\\_parts-1-and-2.pdf](http://www.kriskemp.com/wp-content/uploads/2018/04/mms_parts-1-and-2.pdf)

### [Breakthrough: The Miracle Mineral Solution of the 21st Century](#)

source: [http://www.kriskemp.com/wp-content/uploads/2017/05/MMS\\_Part\\_1.pdf](http://www.kriskemp.com/wp-content/uploads/2017/05/MMS_Part_1.pdf)

### [None of These Diseases](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/None-Of-These-Diseases.pdf>

### [Fasting: Atomic Power with God](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/FranklinHallFastingPaper.pdf>

## **Need help in reaching your weight loss goals?**

Sign up for Mindset Diet Secrets™ Personal Consultation

Get a one on one personal consultation with me for only \$197.

- 100% satisfaction guaranteed, or all your money back.
- As this is one-one-one counseling, there are a limited number of spots.
- This consultation conducted via e-mail, phone, or both, whichever you prefer.
- All information will be kept confidential.

How does the Mindset Diet Secrets™ Personal Consultation work?  
In the Mindset Diet Secrets™ Consultation, I will ask you questions about your lifestyle, personality, tastes.

We will discuss your schedule, habits, current diet, and more, over the phone and via e-mail.

Using this information I will put together your own personal diet plan that fits your lifestyle.

All for the low price of \$197 dollars.

Satisfaction guaranteed: If you don't lose weight, have more energy, and feel better, your money will be refunded.

Email me to get started: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com)

Will the Mindset Diet Secrets Personal Consultation  
help me lose weight?

Yes. You are guaranteed to lose weight. If, for some reason, you do not get the results you want, you are entitled to a full refund.

This is a one-on-one personal consultation that will take a few days to put together. You will lose weight, feel better, and have more energy or you get all your money back.

As this comes with a 100% Satisfaction Guarantee,  
this is a Zero-Risk offer.

Act now. Get started by emailing me at: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com) with "the Mindset Diet Secrets Personal Consultation" in the subject line.

As this is a personal consultation, I can only take a limited number of clients. For this reason, this consultation is sometimes put on pause mode.

The Mindset Diet Secrets Personal Consultation is the Done-For-You Diet Plan that will get you guaranteed results, effortlessly.

There Is No Doubt That the Mindset Diet Secrets™ Personal Consultation Will Change The Way You Look at Weight Loss Forever.

Email me to get started:  
Email: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com)

Kris Kemp  
Mindset Diet Secrets

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Get a Flat Stomach and Look 15-to-20 Years Younger, in Ten Days or Less, using these Scientifically Proven Techniques ...

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[www.30DaysToSuperPowers.com](http://www.30DaysToSuperPowers.com)

