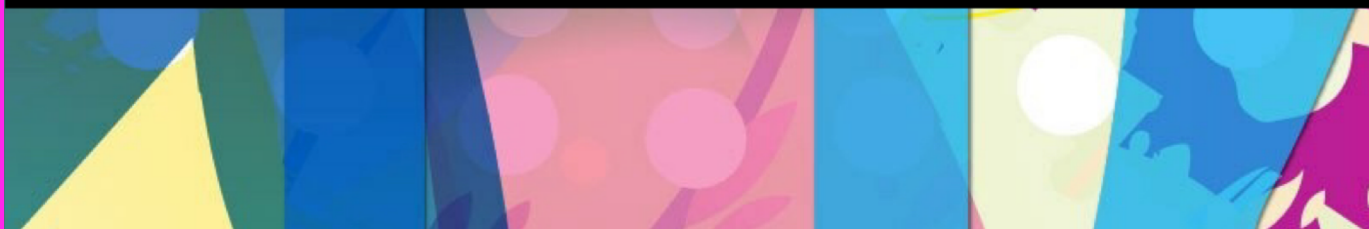




**PREPARING TO
CHANGE YOUR MIND:
THE PREQUEL
TO CHANGE YOUR MIND:
LOSE WEIGHT
BY SANDRINE BAPTISTE
AND RHONDA TREMAINE**



WHAT PEOPLE ARE SAYING ABOUT CHANGE YOUR MIND: LOSE WEIGHT

"At last we have a book about losing weight that goes beyond the tired and ineffective recipes of diet and exercise to address the whole person. By integrating body, mind, and spirit in an integrated and holistic approach, the authors make it clear that we are more than what we eat, and that the way we experience ourselves at the deepest levels can affect our physical well-being."

--Brenda Dunne, President,
International Consciousness
Research Laboratories

"Wonderful book! Life changing ..." --Anonymous

"As soon as I started reading this book I felt like it was written for me. ..." --Antonietta

"This book is truly a great read."--
Anna

"This book has been a revelation that led me to easily lose weight. ..." -- Mariama

"This book is a must-read It will help you create lifestyle changes, resulting in many benefits, including losing weight once and for all. ...The result is a healthier, happier you for life." --
Mary

"I am halfway through the book and I can't put it down..." -- Elaine

"I've lost 10 lbs. now since reading your book and I don't feel like I'm dieting." -- Debra

"You won't be reading this book long before you realize that this is much, much more than a weight loss book. ..." -- Beth

Preface

We consider this to be a "prequel" to our book *Change Your Mind: Lose Weight*. Why a prequel to a non-fiction book?

We now realize that some people do not want to lose weight, or do not think it is possible without extreme measures like surgery. It's okay. We understand. Many people have been through the mill and have given up on the idea of weight loss. It is a valid position. But the thing about that is, we really have a lot of information about the process of weight loss that we want to share with everyone, even with those who do not want to lose weight right now. And we want them to know that our message is very different from anything they have ever come across in the past.

We want to send the message that weight loss occurs in the context of your life, through self-knowledge and is not something that can be compartmentalized. When you buy a book on weight loss, you are dreaming of the new body and may have a new hope of success, but at the same time, doubt lingers. Will the diet work this time? We say, diets don't work but weight loss will occur when you are in the right frame of mind, and when you have done the inner work to be in sync with your desire for a healthy body over your compulsion to eat things you don't really want.

So we ask that you just hear us out in this guide that can—if you really open your mind—change your life. Just read this guide. You can do it on your lunch hour, or while waiting at the doctor's office, or while on the commuter train. It won't take long. And you need not apply anything you learn today. Just read and let the information sink in until you are ready to make the change, or just share the information with your friends, or just use it as fodder for discussion. What have you got to lose?

This guide will give you all the information you need to get ready for embarking on the noetic journey, will tell you what you can expect from *Change Your Mind: Lose Weight*, and will help you to see how you can lose weight once and for all! Really!

We want to ask you one question now: If you knew that you could attempt to lose weight and not fail, would you attempt it? We are here to tell you that you cannot fail if you use our definition of success.

Introduction

What is success? If you look at a dictionary definition, or a thesaurus, success is equated with achievement, victory, triumph, or attainment, and failure is its antonym. You may equate weight loss success with being skinny, and failure as being fat, but that's not how we see it. Successful weight loss is a process. Your real goal is not to just lose weight rapidly without having to do any work. If someone could wave a magic wand and you would be ten, twenty or fifty pounds thinner, would you love that, or would that just turn your attention elsewhere? In part, focusing on your body is more about the lack of self-knowledge than anything else. In other words, weight loss is not about the weight. It is about your negative thinking. If you were not focusing on losing weight, you would be focusing on something else that you feel is wrong, because you have not done the inner work. Weight loss is an inside job!

The weight loss journey is about the ride and not the destination. Do you want to get your vacation over with just so you can say you traveled here and there, or do you want to savor the moments? While vacation sounds exciting, you often discount the moments of waiting in the airport, traffic delays, unsatisfactory accommodations, and jet lag and while you may think of losing weight not as a pleasure like

vacation, there are highs and lows for both. Yes, vacation is certainly more pleasurable than losing weight, but on the other hand, there is nothing like the feeling when your jeans are a little looser or you finished that 5K! So, in life, there are experiences. Weight loss is just one of those and like anything else, it is intertwined with positive and negative aspects.

Weight loss is an experience, and not about a future point in time. It is about your life now.

Weight loss is a process and it is why we wrote this prequel. We know that you will not be ready overnight. We get it. You have a life and dieting may interfere. But we will tell you a secret. When you are ready, you will lose weight and nothing will hinder your progress. The secret, again, is readiness. If you are ready, you will lose weight. But that is only one secret. In the pages that follow, we break readiness down into three secrets to best convey our message.

By now, you are probably beginning to see that if we can get you to change your mind, your readiness level, and mess with your desires and your resolve, then we could get you to lose weight, but we can't do that. It would be impossible because only you can do that for yourself. This guide will prepare you to take the next step and commit to losing weight, and when you feel ready, open the book *Change Your Mind: Lose Weight* and let the weight loss begin!

Secret #1: You Can Lose Weight

The secret is that you can lose weight. This is a secret, why? It is a secret because if you thought you could do it, you would have done it by now, but it is like anything else you want to accomplish. Take a moment now and think of something that you accomplished in the past. Sit down and brainstorm. Write down some of the things you did that were quite extraordinary, or they were perhaps things you thought you'd never do, but you did. There are many things like these in our lives—big and small—so write them all down, and then think: were any of these seemingly impossible? Did you get a job you never thought you would get? Did you uncover a latent talent for art? You may have been telling yourself all of your life that you can't draw, and then you discover that you are really good at that. You may also have neglected sports, and then discover that you are stronger than you thought. Did you run a 5K after years of thinking you can't run at all?

Whatever your choice of accomplishment on which to focus, realize that you had to take a first step. So, with this accomplishment, what did you do first? If the accomplishment is running a 5K and coming in with quite an impressive time, you first had to find out about the event. Then, you signed up for the event. Next, you thought, *how am I going to get in shape by the time the event begins?* But you went ahead and plotted out a map of how you would gradually develop your running prowess, and you did it. Notice that the first step was to find out about the event.

Information came your way. You may have pondered the idea a bit before committing, and after you thought about it for a time, you decided to go for it. Or, you might have signed up on the spur of the moment, after being influenced by a friend or relative. Whatever the catalyst, there was a first step.

Weight loss is like that too. You are reading this as a first step into your inquiry about the weight loss process. You may have been thinking that weight loss is just impossible for you because you have tried and you just can't do it. Even so, it could very well be that a year from now you will be at your ideal weight. Anything is possible. You have accomplished things in the past you thought you could not do. After you do lose weight, when you look back, you will think about reading this material as a start. Now, even if this is a first step, you do not have to start actually doing anything right now. Just let the information you read sink in. Become comfortable with it. When you are ready, you will know it. This guide is about getting ready for the journey. You may be there, or you may not be there yet.

Now we want you to think about weight loss. Do you say that you don't want to lose weight? If you do, you have more likely than not given up. You probably think you just can't do it, but now you know you can, so let's entertain that thought. Let us ask you this: if your fairy godmother waved a wand and could make you skinny, would you let her, or would you say "No thanks. I don't want to lose weight. I prefer to be fat." Likely, you would let her do the magic. So, do you want to lose weight? Most people do. It is healthier, and not only that, you will feel good about yourself because your body is working at its best. It is only through obtaining optimum performance with our bodies that we are able to

do everything we want and feel good. The first step really then is to align yourself with the idea that you are fine the way you are, that you love yourself, but also that you want to lose weight. It's okay. Losing weight is possible, so if you want to lose weight, you will be able to do so, because you can do anything on which you set your mind.

Secret #2: You Have to Fail in Order to Succeed

It sounds counterintuitive. What do we mean that you have to fail? Failing allows you to learn. You will see what doesn't work. So often people go on diets and then claim that the diet does not work, or that they failed on a diet. They see a weight plateau or weight gain as failure, but the truth is that it is not. In the book, we talk about the Transtheoretical Model of Change. Simply, the theory suggests that change is a process. Sometimes you take two steps forward, and then a step back simply because it is the natural way of doing things. It would be close to impossible for a human being to go full force and achieve a goal without any setbacks. You can go after a goal like weight loss and expect to meet with obstacles. The important thing is that these situations do not derail you.

An example is that you diligently follow a weight loss plan and lose some weight, but then something happens in your life and you start eating again, and you eat a lot. At some point, you notice that you gained four pounds. So what do you do? You can keep eating a lot and say that it is no use, that you just cannot diet, or you can go back on a weight loss plan and start to lose weight again. When you see that failing is part of the process, it will not really set you back. In the example, suppose someone loses 15 pounds, and then gains

4. Well, they are 11 pounds lighter than they were when they started. Is that really failure? It is simply a setback. It is handling obstacles along the way with ease and acceptance that is the difference between losing weight and not. The secret is that failing is okay. It is expected. It is part of the weight loss process. And it is your greatest teacher.

Failing teaches us what we need to learn. Suppose you do gain weight while you feel you were diligently following a plan. You then have to look at all the factors to discern why you may have gained weight. Did you eat more than usual? Did you exercise less? Did you exercise with a reduced amount of intensity? You have to look at the big picture, and doing so will teach you what you need to know in order to be successful. Success is just a matter of trial and error.

Secret #3: Redefining yourself helps you lose weight

You think of yourself in a certain way. You probably introduce yourself by stating your name, occupation, marital status and whether you have children. You probably have a short introductory spiel about who you are, but your name and social status and all the things you think define you, is not the real you. That is your ego identity. The ego identity contains all the attributes that separate you from everyone else. And you do identify with the ego. Everyone does, but the closer you get to identifying with your higher self, the closer you will be to your authentic self. And when you are identifying more with your higher self than with your ego, you will be in a better place for permanent weight loss.

It starts with getting to know yourself through meditation and experiencing yourself at a deeper level. Meditation creates space and slows down thoughts. When you meditate, you are slowing down your current thoughts and creating space within. This allows new thought patterns to emerge. At first, it will feel like you are lying to yourself, but do use affirmations such as I feel good, I am healthy, I love my body, I love eating healthy foods and I enjoy the feeling I get when exercising. Thinking differently and doing meditation is where it starts, but we want you to take action too.

Get a step counter and log your food and workouts in an app. Park further from the entrance of your workplace each day to get in more steps. Bring a healthy lunch to work rather than eating in the cafeteria. These are just suggestions. Do what suits you. We just want you to act as if you are already where you want to be. If you little by little take action to achieve the goal, and maintain the mindset, you will surely lose weight. But most importantly, you will have created a new way of thinking, new belief patterns that will serve you for the rest of your life. You will have become a person who only expects success. Take actions to make the goal a reality. We want you to prepare to lose weight through research, shopping for the foods you need, and starting to exercise. You need to start thinking of yourself as a healthy eater and an active person who can achieve any goal.

Through implementing new behaviors, and believing that you can achieve your goals, you will get there. And don't be afraid to imagine how you would like to look. We are telling you that yes, it is possible, as long as you believe it and take action. And we have some more good news.

Weight loss for you has already begun! You are gathering information. You are already dreaming your life into reality and when you do that, you are creating a life you want. It includes a smaller, healthier version of yourself so you can do all the things you want to do. A large part of what we make of life is how we define ourselves. You've heard success stories that seem almost impossible. But the person who had become a success story had courage, and a belief that yes, they could do it, and so they did.

After you achieve your weight loss goals, start on another goal. Have you always wanted to take a cooking class or learn how to draw? Might your dream career be something that requires going back to school or doing an apprenticeship? Have you dreamed of visiting Iceland or doing a triathlon? What is stopping you? The same method of achievement may be applied to any area of your life. You can do anything!

Ready, Set, Go!

So, are you ready to lose weight? Even if you can now answer yes, remember, you do not have to start right now. Stop reading for awhile and think about your life, let the information sit, and then come back to it when you want, but if you are excited about losing weight now, keep reading. We have the tools to get you to where you want to be. One of the most important tools in our book are the coaching exercises. These will help you to open the door to the introspection necessary to make strides in weight loss and in your life. But you can do this now, and we will give you a few questions to get you started.

First, buy a notebook for the purpose of writing your life. Use it as a journal and write when you feel the urge. You might want to meditate or sit quietly for a few minutes first. Light a scented candle. Dream about exactly what you want out of life.

To get you started, the first three Coaching Questions we include in *Change Your Mind: Lose Weight* appear on the next few pages.

Coaching Exercise 1: What are your weight loss goals?

Remember, your goals are more than a number on the scale. It may be that you want to reach a certain goal weight, but you may have other weight loss goals related to clothing size, or losing a certain amount of inches around your waist, or being able to wear a clothing style that defines the new you. Make a list of all of your weight loss goals.

Coaching Exercise 2: Brainstorm your life. Sit down and write whatever life goals come into your head. What do you want out of life? What are your passions? What do you like to do that you do not engage in enough? Just write down what you want or what you want to change.

Coaching Exercise 3: *Make a mental movie of your new self.*

You need not write anything down, but you may want to make notes. Choose a quiet space and time to lie down and close your eyes. Think about your weight loss goals, and your life goals. Then, while considering all of these things, make a mental movie of a typical day in your life three months from today. Don't only visualize. Feel it too. And integrate these visualizations and feelings into your consciousness on a daily basis.

Life is Not Static

We want to leave you with a few thoughts. One is that life is not static. Your life will always be changing and losing weight can happen while other things are happening too. There is no need to wait to start the weight loss process, because frankly you have already started. Conversely, there is no rush to change anything at the moment.

When you focus on your life, and value yourself, you will take care of your body as much as you care for anything you value.

Because life is not static, it is easy to give up on making a change when things go awry, but know that the more you do the inner work, the more you will have the resolve to pursue this goal.

In *Change Your Mind: Lose Weight*, we devote an entire chapter to the process of weight loss. Everything you do is a process and weight loss is no different.

If you are not where you want to be this minute, don't fret. We know how frustrating it is to want something that has not yet materialized, but you will get to where you want to be through self-knowledge, a bit of self-care, and a little patience.

Finally, once you do reach your goal weight, the task is not over. Weight loss is a piece of your life's journey. There is a lot more you will want to do, and we will be there right with you.

Now, we will give you a little heads up on the ending of our book. We conclude *Change Your Mind: Lose Weight* this way and we mean it:

Losing weight is just one step on your journey to discover your true self. Enjoy the ride!

Resources

Engage with us on Facebook, Twitter and Instagram

Not only do we provide useful content for changing your mind and examining yourself, but we provide weight loss tips and answer your questions. In fact, we are interactive and available. Have a question for us? Ask us on Facebook! If you want to ask privately, that is fine too. Send an email to us at Everythingnoetic@gmail.com and we will answer your question anonymously on our website.

<https://www.facebook.com/EverythingNoetic/>

<https://twitter.com/ENoetic>

<https://www.instagram.com/everythingnoetic/>

Visit our Website
Everythingnoetic.com

We blog at Everything Noetic.
Our tag line is: Know yourself.

Our Message:

We want to spread the idea of self-knowledge to encourage people to connect with their inner space more easily to foster the comprehension of unity and to become the people they are meant to be. This is also something that we feel prompts the expansion of consciousness.

Knowing the self is vital. It leads to greater satisfaction, a sense of completeness, and a move toward our authentic selves. This understanding is often accompanied by a move toward embracing life in a different way. It might prompt you to make bold moves to change your life outwardly, or it might encourage you to seek therapy or to delve into spiritual practices to excavate your inner space. Either way, knowing yourself is the only journey and we want you to know that. There is nothing you want that is outside of yourself. When you go within, you will discover your life purpose.

When we find what we are meant to do consciously or unconsciously, we begin to notice synchronicities, we search harder for answers, and then, we begin to go within on a regular basis. Eventually, we are able to stay in that inner space for long periods of time. This is good. That inner space is who we are. Remember, we are not our minds. We are not our bodies.

Through self-knowledge, and self-love, acceptance emerges, raising self-esteem to facilitate a crystal clear connection with others. Self-love is not egoic, and rather allows us to be aligned with our higher selves, preparing us for relationships that are associated with love and a sense of purpose and a feeling of oneness. It also helps us to connect with source energy.

In the end, through excavating our own lives, we find that we are one. We are all in this together.

Holistic Coaching

Sandrine Baptiste is a holistic coach who can help you discover who you are at the core level, an experience that often leads to greater life satisfaction, a sense of wholeness, and a move toward authenticity.

Powerful and Lasting Results

- Improve mental strength
- Understand your body and manage your health
- Reduce stress
- Connect to your higher self
- Lose and maintain weight the natural way
- Increase energy and improve sleep
- Integrate healthier patterns of living
- Declutter, organize and balance your life

YOU WILL EXPERIENCE YOURSELF IN A WAY YOU NEVER FELT BEFORE!

Sandrine offers individualized or group coaching sessions by appointment. Call today for a FREE initial consultation at 732-977-5514 or email her at SandrineBaptisteCoaching@gmail.com

Change Your Mind: Lose Weight (Book Summary)

As emphasized in the book trailer, most people know the basics of diet and exercise, but they do not know themselves well enough to effectively implement the lifestyle. This complete manual helps women tap into their inner resources to leverage the mind-body-spirit paradigm necessary to permanently release excess pounds. Objectively understanding how the body functions merged with the act of going within provides an effective recipe for change. The philosophical concepts motivate the reader, but practical advice and numerous tools are also included. Most importantly, this book prompts women to move spiritually and physically faster for the facilitation of personal growth. With the use of numerous examples, a dieter "type" quiz, coaching exercises, sample menus, and suggested physical exercises, the reader is well on her way to ending the weight loss battle for good. Rhonda and Sandrine collaborate to create this volume that not only teaches the fundamentals of weight loss, but also demonstrates how to integrate a spiritual solution for all of life's challenges.

**CHANGE
YOUR
MIND
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WEIGHT**

Available at many booksellers,
including [Amazon.com](https://www.amazon.com) and
[Barnes&Noble.com](https://www.barnesandnoble.com)

AN ORIGINAL HOLISTIC WEIGHT LOSS
APPROACH FOR WOMEN

SANDRINE BAPTISTE RHONDA TREMAINE

About the Authors

Sandrine Baptiste has relied on an inner knowing since she was a small child, something that defines her calling, which is to help people discover the gifts of looking within. Sandrine is a founder and managing partner at ENoetic Press where her connection to source drives every blog, publication, and event, and where she is able to leverage her talent for verbal and written communication. She is also a holistic coach, where her passion for connecting with people culminates in extraordinary and lasting results. Originally from Toulouse, France, Sandrine currently resides in central New Jersey. She moved to the United States soon after completing her studies at the *Université de Toulouse-le-Mirail*, where she majored in psychology.

Rhonda Tremaine has had a passion for astrology since she was a teenager. With assistance from the birth chart, she coaches individuals to explore their soul's evolution. Rhonda is also a founder and managing partner at ENoetic Press where she draws on her innate writing ability and love of marketing to help grow the business. Her commitment to helping others through promoting self-knowledge comes through in her work on the Everything Noetic blog, her books, and her astrological perspective. Rhonda has always lived in the New York City metropolitan area. She studied sociology at the City University of New York's Brooklyn College.



*We hope you enjoyed this guide.
And we hope to connect with you soon.*

*With Love,
Rhonda and Sandrine*