

EXTRACT FROM MINDSET MAGIC!

MINDSET MAGIC!

how to powerfully
PREPARE YOURSELF
for HCG Diet success



HCG HOLISTIC SERIES BOOK 1

HAPPY♥CONSCIOUS♥GAL™

Table Of Contents

[The following is a list of all the chapters included in the FULL VERSION of *“Mindset Magic! How To Powerfully Prepare Yourself For HCG Diet Success.”* The full book is 180 pages long.]

1. INTRODUCTION

Give Yourself A Pat On The Back!

What is HCG? A Quick Summary

About This Series

So What's In This Book?

A Winning Mindset

How To Use This Book

Write It, Baby!

Disclaimer

2. TAKE RESPONSIBILITY

Your Body Is Your Classroom

3. SOME KEY REFRAMING

HCG Is Not A Diet

It's Hormone Therapy

Speak Powerfully

4. SET YOUR INTENTION

Locating Your Intention

How Does This Apply To Fat Liberation?

Declaring Your Intention

Letter to Your Self

Vision Board

Create a Ceremony

5. FIND YOUR "WHY"

The Burning Baby

Carrots And Sticks

Find Your Biggest Why

Your Motivation May Change

6. FOCUS ON THE BENEFITS

Keep Your Enthusiasm Bubbling

7. SEE THE OPPORTUNITY

Opportunity Knocks

8. IDENTIFY YOUR HABITS

Emotional Eating Habits

Food Addictions

Say Goodbye to Sugar Heroin

Out with The Old

And In With The New

9. GET CLEAR ON YOUR GOALS

Set Your Goals

My Goals

Declare Your Goals

10. BE CONFIDENT NOW

Don't Run From Your Own Magnificence

Taking it Further

11. CLEAN UP YOUR BELIEFS

Examples of Beliefs

Classic Limiting Beliefs

Clear That Failure Program

Decide It Will Be Easy

You Are Loveable As You Are

Being Slim is Safe

Change Is Possible

Let's Shift Those Beliefs!

Become a Belief Detective

Belief Shifting Process

Energy Clearing Process

Finishing the Process

Lock In Your New Beliefs

Create Your Reality

Maintain Your Belief Vigilance

Going Deeper

12. THE IMPORTANCE OF TRUST

Trust The Protocol

Trust Your Ability to Do the Protocol

Trust that this is the Right Time

Trust That You Are Ready

Trust Your Body

Trust Your Emotional Strength

Trust Your Ability To Adapt

Trust Your HCG Family

Trust Yourself

Trust Your Inner Guidance

13. CONCLUSION

Moving Forward

Share This Book!

Get Talking

Ciao For Now!

Future Editions

Copyright

Find Out More

About This Series

This Series of books, the "*HCG Holistic Series*", came about as a result of my own journey doing the HCG Protocol.

I completed three Rounds of the HCG Protocol in 2012, with enormous success.

Here are a few before and after pics to show you what I achieved...

Here's what I looked like just before I started HCG:



And here's what I look like now, since finishing HCG!



(Yes, I promise, I'll share my whole story later in this Series, about my life-long battle with my body weight and my entire HCG journey!)

The thing that was amazing about my experience on the HCG Protocol was how easy I found it compared to how hard many other people have found it.

I realized, looking back, that this was because I have a very long background in personal development, self transformation, healing, personal empowerment, body awareness and emotional clearing work. This meant that any time I encountered a situation in my HCG Journey that was challenging, I was able to find a way through it, drawing on everything I already knew from my personal development work.

That doesn't mean that I never faced any challenges while doing the Protocol. But I was lucky to be able to draw on my background to develop powerful strategies, tools and processes to help myself get through those challenges easily and effortlessly.

One of the unique features of my personal journey with the HCG Protocol was that I decided to use my time on it not just to shed weight and repair my metabolism, but also to deeply investigate my eating habits, my emotional drivers, my childhood programming and all the other deep root causes of my being overweight in the first place. This meant that when the weight came off, it stayed off.

While doing the Protocol, I started vlogging on YouTube, which was great fun. (I am definitely an extrovert!) I found myself sharing with other HCG-ers around the world in these YouTube videos many of my realizations and breakthroughs, as well as many of the tools, strategies and processes I had been developing to make my journey easier.

I started hearing from people how much my videos were helping them with their own HCG Journeys. My viewers told me my videos were helping them to stay on track with the Protocol, keep up their motivation, deal with challenging situations, work through their blocks and challenges, stay positive and maximize their Fat Liberation.

It really made my heart sing to see that my little YouTube videos were helping people so much!

(If you haven't seen it yet, you can watch my vlog here: <http://www.youtube.com/user/happyconsciousgal>)

As I watched more and more of other people's vlogs about their challenges and setbacks on the Protocol, and received more and more emails from HCG-ers asking for advice with their struggles with the Protocol, I began to realize that there was a great need out there for the strategies, tools and ideas that I had been developing for my own journey.

I saw that many people doing this HCG Protocol struggle greatly with the emotional, psychological and mental aspects of the journey, and need some

assistance to manage these. I realized that many people are being sabotaged in the Protocol by their underlying emotional eating habits, behavioral programs, and limiting beliefs. And I realized that there are no books out there that address this or give people the help they are so desperately needing.

So towards the end of my own HCG Journey, I decided to start writing down my best tips, tools, strategies and processes to help people get the most out of the HCG Protocol, deal with the challenges, work through the root causes of their weight problem and keep the weight off for good.

I asked the people who were watching my YouTube vlog to write to me about the biggest challenges they were facing on the HCG Protocol, so that I could make sure I was covering all the most common issues that people face on this Journey. (You'll see some of their challenges quoted throughout this Series of books.)

Many of the challenges they wrote to me about were things I myself had faced in my own HCG Journey, but some were things that I had never considered before. So I sat with those challenges and thought about them and drew on everything I've learned in my personal growth career, and I put together some powerful strategies to deal with those too.

Then I put all those fabulous ideas together... into these "*HCG Holistic Series*" eBooks!

This Series has been designed as three "**Preparation Guides**":

- Book 1 "[MINDSET MAGIC!](#)" teaches you how to powerfully prepare your mindset.
- Book 2 "[EMOTIONAL ESSENTIALS!](#)" (this book) teaches you how to thoroughly prepare your emotions.
- Book 3 "[BODY BASICS!](#)" teaches you how to effectively prepare your body and your life.

Once you have read these three books, you will be 100% ready on all levels when you start your HCG Journey, and will have the easiest possible time while you are doing it, and liberate the greatest possible amount of fat!

1. Introduction

[The following is an EXCERPT from Chapter 1 "Introduction".]

... The HCG Protocol is incredibly effective at helping people shed weight.

It has enabled me to completely re-shape my entire body and slim down to the size I've always wanted to be. And the HCG Protocol has helped many thousands of other people around the world achieve the same impressive Fat Liberation too. And what's more, they've kept the weight off.

The Protocol works. That much is clear.

However, even though the HCG Protocol is so effective, some people do not get the maximum possible Fat Liberation results with it for one simple reason: they don't have the right *mindset* for success.

If you want to succeed in anything in life, the most important thing to get right is your MINDSET.

That is especially true for the HCG Protocol, as it is such a huge journey and takes true commitment, focus, positivity, and empowered choice in every moment.

It's crucial to have a successful mindset both *before you start* the HCG Protocol and *throughout the entire time while you're doing it*.

I have written this first book specifically to enable you to prepare your mindset effectively, so that your experience of doing the HCG Protocol will be effortless, easy and successful.

I believe that the reason the HCG Protocol was so easy for me, why I sailed through it without cheating, without stalling on the scales, without feeling deprived, in a state of fun and joy, was because I powerfully prepared myself for the journey mentally and psychologically, *before* I started doing it.

So many people just jump into the HCG Protocol without doing the CRUCIAL preparation that is needed to set themselves up for success. They jump in without

thinking about why they are really doing the Protocol, without a really powerful motivation that will sustain them throughout all the phases of the Diet, without having looked at their underlying emotional resistance to losing the weight, with a self-defeating mindset, without a full understanding of what the Protocol entails psychologically, with little awareness of the huge opportunity for transformation that lies ahead of them, and without any real commitment to the Protocol or to their own growth.

Because these people have not prepared themselves mentally and psychologically for doing the Protocol, they can seriously struggle once they start it. They find it hard to stick to the rules, they feel tempted to cheat by eating non-Protocol foods, they put on weight instead of shedding it, they feel despairing, they put the weight back on as soon as the Protocol ends, and then they beat themselves up for not being successful.

Yikes! No wonder this book is in such demand :)

But here's the good news: This will NOT happen to you! By reading this book and implementing the processes in it, you will ensure that you are powerfully prepared mentally and psychologically for starting your HCG Journey, and you will set yourself up for success, ease, joy and an amazing transformation!

... [CONT] ...

2. Take Responsibility

[The following is an EXCERPT from Chapter 2 “Take Responsibility”.]

... I believe that in order to be successful on the HCG Protocol, or indeed in any other life-changing process of self transformation, a fundamental choice is required at the outset.

That choice is this:

Do you choose to be a victim or do you choose to be self responsible?

Hmmm... what do I mean by that?

Well, let's take being overweight. The “victim” approach to being overweight is to blame the fact that you are overweight on things outside of yourself. So the victim script runs like this:

“It’s not my fault I’m overweight. It’s because I have a slow metabolism. My family are all overweight. I live in a fast food culture. No one ever taught me how to eat healthily. Diets don’t work. It’s really hard to lose weight. I didn’t do anything, this fat just happened to me. My body is at a set point. There’s nothing I can do to change my body shape.”

The self-responsible approach to weight loss is to take full responsibility for our being overweight, look at how and why we have created that state in our bodies, and then make the necessary changes to shift it. So the self responsible script runs like this:

“I take full responsibility for my body shape. I have acted in ways that were not in the highest good of my health. At the end of the day, the buck stops with me. It’s up to me to learn how to eat well, exercise, listen to my body, and repair any damage to my metabolism. I created my overweight body shape for reasons that served me at the time, but they no longer serve me now. It’s up to me to investigate and clear any beliefs, emotions or programming that are keeping me overweight. I am fully capable of changing my body shape and I choose to do so now.”

I believe it is crucial that right now, at the very early stage of reading this book, you take a moment to decide which level of consciousness you want to come from:

Do you want to be a victim, blaming everyone and everything for your body shape and feeling hopeless and powerless to change it?

Or do you want to be fully self-responsible, owning the fact that you have created your own body shape, being loving and compassionate towards yourself rather than beating yourself up, and feeling powerful in your knowledge that you can change it?

It's up to you!

So take a moment RIGHT NOW to make this choice.

If you choose to see your Journey of Fat Liberation as a journey of learning and growth, get ready for an incredible adventure. You are about to make some amazing discoveries and learn some life-changing lessons as you work through this book and then as you start the HCG Protocol.

You will have the chance to shift your limiting beliefs about your body, to change your habits with food, to create a totally different relationship with your body and to come to completely new levels of self acceptance and self love.

It's very exciting! So let's get going :)

... [CONT] ...

3. Some Key Reframing

[The following is an EXCERPT from Chapter 3 “Some Key Reframing”.]

... The best way to get around your lifelong programming that “Diets Don’t Work”, “I Can’t Lose Weight On a Diet”, or “I’m a Failure at Diets” is to trick your brain.

Yes, that’s what I said. Trick your brain.

Tell yourself that the HCG Protocol is NOT a diet. Tell yourself that it is Hormone Therapy.

That will be easy for your brain to believe. You know why? Because it’s THE TRUTH!

HCG *is* hormone therapy!

The reason you lose weight on HCG is not because of calories or carbs or GI or exercise or detoxing etc etc, although some of those things play a part in your Journey on the Protocol. The reason you lose weight on HCG is that you are ingesting a HORMONE called Human Chorionic Gonadotropin into your body!

There are many great books out there that explain the science behind how HCG works, so I’m not going to go into that in this book. I’ll simply sum those books up by saying that the HCG hormone actually rebalances your hormonal system and repairs the part of you that’s been causing you to get fat: your fat metabolism system.

This means that after you’ve finished the Protocol, your fat metabolism system will be working like a slim person, not like a fat person. Instead of storing every tiny bite you eat like an obese person, you will burn all the food you eat like a thin person. So you will not only shed all your abnormal fat while doing the Protocol, but - if you continue to live a healthy conscious lifestyle - you will stay slim for life

I really encourage you to go and read the books that explain the science behind HCG. And you can go even further and jump on the net and research how HCG works as a hormone therapy.

Prove to yourself that HCG works not by burning calories like an old fashioned

diet, but by rebalancing your hormones and fixing the real cause of your fat: your broken fat metabolism system.

Once you've really proven to yourself that HCG is in fact not a simplistic old fashioned diet, but is an entirely new kind of hormone therapy, I want you to BAN the use of the word "Diet" when speaking or writing or thinking about HCG.

Call it the "HCG Protocol" or the "HCG Program" or "My HCG Journey" or whatever else you like, but don't ever again call it the "HCG Diet."

EVER!

I only called it that on the cover of this book so that people would recognize what the book is about. Unfortunately, at this time, not many people know that the true name of this system is the HCG "Protocol". They know it as the HCG "Diet". That's why I had to call it that on the cover of this book and in all the promotional materials.

So, if you are reading a hard-copy or printed out version of this book, what I want you to do right now is go get a small Post-It note and stick it over the word "DIET" on the cover of this book. Then get out a thick marker and write the word "PROTOCOL" instead.

See... doesn't that look better!

Now that I've explained this to you, you'll see that throughout the rest of this book I will not use the words "HCG Diet" again. I'll always call it "the HCG Protocol" or "your HCG Journey".

(And if I accidentally slip up somewhere and call it a "diet", please email me a slap on the bottom! :)

... [CONT] ...

4. Set Your Intention

[The following is an EXCERPT from Chapter 4 “Set Your Intention”.]

... It's really important to get clear on where our urge to slim down is actually coming from.

Are we doing it because we think we “should” be slimmer?

Because we fear that others won't love us if we are overweight?

Because we fear we will be less worthy if we are overweight?

Are we wanting to be slim because in our childhood we were teased for being fat?

Are we wanting it because we have an adolescent fantasy that our life would be wonderful if only we were thin?

Or are we wanting to be slim because we can feel deep down in our heart that this size does not reflect who we really are? Because we can feel in our gut that the time is right to let go of our old wounding that caused us to be fat? Because we have a higher knowing that we are now ready to step out in the world as our true slim healthy self? Because we feel that getting slim is in alignment with our highest good or divine will?

We really need to tune in and ask ourselves “where is this urge to shed weight coming from?” Is it really in my highest good that I do this right now? “Am I really ready for this now?”

No one can answer that for you. Only you can answer it.

So let's take some time now to do a powerful Process to help you work out where your intention is coming from...

... [CONT] ...

5. Find Your Why

[The following is an EXCERPT from Chapter 5 “Find Your Why”.]

... One of the keys to any long term process of transformation is to find a motivation that will really keep you committed to the program.

Many people struggle to shed fat and keep it off not because the diet/exercise plan they are following is flawed, but simply because they lack the motivation to stick with it.

This is equally true of the HCG Protocol.

Yes, the HCG Protocol works. Yes it is the most effective weight reduction solution I have ever found. But no, **it won't work for you unless you stick to it.**

In fact, the HCG Protocol requires that you stick to it *more* than any diet or nutritional program you've ever tried.

In other programs, if your motivation fails and you cheat for a couple of days, you can just jump back on the diet with no problems. But on the HCG Protocol, because it is in fact a hormonal program, not a diet, if you cheat it can set you back for days. If you cheat, it can cause you to in fact gain weight. And it can prevent the program from resetting your metabolism, so that after you've finished it you will be back in the same situation of struggling with your weight that you were before.

So on this Protocol, it is even more important than on a traditional diet to find a powerful source of motivation, to keep you on track for the entire length of the program.

You need to have a big “WHY”.

So let's do a Process now to find YOUR big WHY...

... [CONT] ...

6. Focus On The Benefits

[The following is an EXCERPT from Chapter 6 “Focus On The Benefits”.]

... As all salespeople know, the best way to motivate someone to buy your product, is to show them all the benefits the product offers them. So if someone is trying to sell a shampoo, their advertising will tell the customer how the shampoo will make their hair glossier and shinier, how it will stay clean for longer, how they will look and feel more beautiful, how men in the street will stop and give them flowers, etc.

Advertisers know that a key way to engage a person's enthusiasm about a product is to play up the **benefits**.

The same applies to your enthusiasm about the HCG Protocol.

Why is it important that you have enthusiasm about the HCG Protocol? Because the more enthusiastic you are about it, the easier it will be to stick to the rules of the Protocol, the more committed you will be to it, and the more fun it will be.

A really great way to ramp up your enthusiasm about the HCG Protocol is to focus on the many **benefits** you will receive from doing it. Not just your big burning “WHY”, but all the many other benefits as well.

Because generating enthusiasm for the Protocol is so important to giving you a successful mindset, we are going to do a powerful Process about this right now, to help you get clear on ALL the benefits your time on the HCG Protocol will provide...

... [CONT] ...

7. See The Opportunity

[The following is an EXCERPT from Chapter 7 “See The Opportunity”.]

... After having read Chapter 3, by now you are probably thinking of the HCG Protocol as a hormone therapy and not a diet. But even so, you still may be feeling like any restriction on your food intake, even for hormone therapy, is a kind of deprivation.

And as we've seen, when we feel deprived, our subconscious can react in two very negative ways:

(i) It can feel resentful and therefore cause us to cheat and sabotage our program, so that we don't lose any weight.

(ii) Or, it can stay disciplined during the program and then rebel afterwards by overeating, so that we quickly put all the weight back on.

So we absolutely do not want to feel deprived while doing the HCG Protocol.

But how do ensure that we don't feel deprived, when we're going without all our favorite foods, when we're forced to eat from only a narrow list of specific foods, and when we can't turn to food to comfort us?

It's simple. Let me tell you how...

... [CONT] ...

8. Identify Your Habits

[The following is an EXCERPT from Chapter 8 “Identify Your Habits”.]

... In the last section, I listed many of the things that can turn your time on the HCG Protocol from a time of deprivation to a time of opportunity.

One of the most exciting opportunities I listed was:

“A chance to uncover all the habits that have caused you to put on the weight.”

This is one of the MOST exciting things about your time on the HCG Protocol.

They say that it takes 21 days to change a habit. Well all of you will be on Phase 2 of the HCG Protocol, the Very Low Calorie phase, for at least 21 days. Many of you will be on it for 40 days. Some of you will be on it for even longer.

So this gives you the perfect amount of time to change your habits.

And which kind of habits can you change during Phase 2? Well let's do a short Process to look at that...

... [CONT] ...

9. Get Clear On Your Goals

[The following is an EXCERPT from Chapter 9 “Get Clear On Your Goals”.]

... Now that you’ve taken some time to think about (i) all the opportunities that your upcoming HCG Journey will bring you, (ii) all the benefits of liberating your fat, (iii) all the habits you want to shift, (iv) all the new habits you want to institute, and (v) your biggest most motivating “WHY”, it’s time for you to identify your **specific goals for this coming Round of HCG.**

Whether this is your first ever Round of HCG or you are a “veteran” doing your 5th or 6th Round, this is a crucial exercise. Having specific, measurable, achievable, inspiring goals is important at any time.

We are about to do a Process where you will get clear on your goals. But first, let me give you some TIPS to help you do it really effectively and powerfully...

... [CONT] ...

10. Be Confident Now

[The following is an EXCERPT from Chapter 10 “Be Confident Now”.]

... Here is another really important shift in mindset that I'd encourage you to make now that you have set your intention and set your goals.

People think that if they get slim they will then be happy and confident. But it doesn't work like that. You have to find your inner happiness and confidence FIRST and then the weight will fall off easily, to reflect the body of this happy confident person.

So for example, I used to fall in love with men who didn't love me. And I used to think that if only I could become slim and beautiful, then they would love me. So I would try and try to get slim. But it never worked. If I ever managed to shed a bit of my weight, I would always put it back on. And I kept attracting men who didn't love me.

Then, after doing years of emotional work on myself, I came to realize that I was lovable for *me*, and that it had nothing to do with my body shape. I was lovable slim and I was lovable heavy. And I also came to realize that I am beautiful at any size. I might be slender beautiful, or voluptuous beautiful, but I am always beautiful.

And that gave me a huge inner confidence and self belief.

And guess what? I then attracted a man into my life who loves me at any size! And I then attracted HCG into my life, which allowed me to shed the fat once and for all and become my natural, authentic size.

But I didn't lose the weight and **then** feel beautiful, lovable, and confident.

I felt beautiful, lovable and confident, and **then** it was simply a matter of my body shifting its outward appearance to reflect that.

Once the inner changes have been made, the outer changes always come very quickly. The body is just a mirror for what is going on inside of us.

Let's do a short powerful Process to explore this...

... [CONT] ...

11. Clean Up Your Beliefs

[The following is an EXCERPT from Chapter 11 “Clean Up Your Beliefs”.]

... As we just saw, if you buy into other people’s stories about you, that can create feelings of low self esteem and low self worth that will undermine your ability to liberate your fat. This is because you have taken on other people’s beliefs about you and made them your own.

But this is not the only way that your beliefs can impact your Fat Liberation Journey.

Yes setting an intention and having clear goals are both super important, and that is why we have spent a lot of time in this book getting clear on those. But the number one BIGGEST thing that will affect your results on HCG is...

... *your beliefs.*

That is a fact.

It is your beliefs that create your reality.

If you *believe* that the HCG Protocol will be hard, then it will be hard.

If you *believe* that you will fail, then you will fail.

If you *believe* you will easily reach your goal weight, then you will easily reach your goal weight.

It is that simple.

When I did my HCG Journey, I spent a lot of time beforehand clearing away any negative beliefs that were not going to serve me in my Fat Liberation Journey. By the time I started the Protocol, I had a ROCK SOLID belief that I would reach my goal, that it would be effortless, and that it would be fun.

And guess what? I did reach my goal. In fact, I reached it *exactly*.

I wanted to get to 65 kilograms (143.3 Pounds) by the end of my first Round. When I stood on the scales on the day of my LIW (last injection day), I was exactly

65.00 kg. Not 65.1 kg or 64.9 kg, but 65 kg exactly! Talk about the power of beliefs!

The same thing happened in my second Round. My Goal weight was 60 kg (132.3 lb) and I reached exactly 60.00 kg on my LIW. Amazing!

And all my Rounds of HCG were also effortless. And fun! Just as I knew they would be.

Why did I reach my goals so effortlessly and with so much fun? *Because I believed I would.*

So we're now going to embark on one of the most *crucial* exercises in this book. We are going to take a good long hard look at **your beliefs** about Fat Liberation, about your body, about being slim and about HCG. We are going to sniff out all the beliefs that could interfere with you being successful on the Protocol, and we are going to highlight those beliefs that could spur you on to massive success.

So let's get cracking!

... [CONT] ...

12. The Importance Of Trust

[The following is an EXCERPT from Chapter 11 “The Importance Of Trust”.]

... As well as setting your intention, getting clear on your goals and freeing yourself from your limiting beliefs, one of the most important things you need to do in order to liberate your fat is TRUST.

What do I mean by this?

- You need to TRUST the HCG Protocol.
- You need to TRUST that this is the right time for you to do it.
- You need to TRUST that you are ready to do it.
- You need to TRUST that you are able to stick to the rules of the Protocol.
- You need to TRUST that your body is capable of letting go of your fat.
- You need to TRUST that you are strong enough to do the emotional work required to clear any blocks you have to slimming down.
- You need to TRUST that you are capable of changing your eating habits and your lifestyle.
- You need to trust that there are other people out there who can support you and help you on your journey.
- And while doing the Protocol, you need to TRUST your inner guidance every single step of the way.

So let's briefly look at each of these...

... [CONT] ...

13. Conclusion

[The following is an EXCERPT from Chapter 12 “Conclusion”.]

... WOW. You have come so far since starting this book!

Let's look at all the ways that you have transformed:

- You are now taking full **self-responsibility** for your own body shape and weight problems.
- You are now seeing the HCG Protocol as a **hormone treatment**, not a diet.
- You are now seeing your body as a **classroom** and this Fat Liberation Journey as a great opportunity for growth and transformation.
- You have set a clear and powerful **intention** for your Fat Liberation Journey and locked it in with a vision board or other formal ceremony.
- You have found your big inner “**WHY**” that will motivate you to stick with the Protocol through thick and thin.
- You are now clear on all the many incredible **benefits** that will come into your life when you liberate this fat.
- You have seen the powerful **opportunity** that your time on the HCG Protocol affords you for transforming your thinking, your habits, your behaviors and your relationship with yourself.
- You have identified the **habits** you wish to jettison during your time on the Protocol as well as the new helpful habits you are choosing to take on.
- You have clearly identified and declared your specific, measurable and inspirational **goals** for this coming Round.
- You have done the work to increase your **self love** and confidence, and you now know that you are lovable for who you are and not what you look like.
- You have delved deep into your core limiting **beliefs**, have shifted the ones that would have most undermined your HCG Journey and replaced them with

new, positive beliefs that will cause you to be successful.

- You are speaking and writing about your upcoming HCG Journey with powerful, positive, **conscious language** that reinforces these new beliefs.
- And you are coming into the Protocol from a deep place of **trust** on all levels - trusting the Protocol itself, trusting your ability to stick to it, trusting the HCG community, trusting the timing, trusting your body, trusting your emotional strength, trusting your wisdom and trusting your inner guidance.

With such a clear, intentional, positive, powerful mindset you are well on your way to BLITZING your HCG Journey!

Yay!

Now that you have prepared yourself *mentally* for the HCG Protocol, it is time for you to prepare yourself *emotionally* too.

In Book 2 of this Series, "[Emotional Essentials! Advanced Preparation To Guarantee Yourself HCG Diet Success](#)", I'll be teaching you how to prepare yourself emotionally for your HCG Journey, so that you get through it with the maximum ease and highest possible amount of Fat Liberation.

I will be helping you to:

- Come to terms with your body fat history
- Learn the underlying reasons why you gained the weight in the first place
- Work through the emotional issues that led to you creating your overweight body
- Identify any core patterns in your history of weight loss and weight gain
- Decode your childhood programming around food and eating
- Understand the energetic imbalances leading to your fat storage
- Clear any fears or emotional blocks that are still keeping you fat
- Learn how to set boundaries energetically rather than using your waistline
- Move into a more balanced masculine/feminine energy
- Overcome body distortion
- Shift your self image from one of self loathing to self love
- Come to a place of gratitude towards your fat

- Call a truce with your body so that it can now work with you instead of against you
- Prepare yourself emotionally for the challenges ahead on your HCG Journey
- Prepare your emotional terrain for the new slim you who is about to emerge

And on top of all of this life-changing material, in Book 2 I will also be sharing with you really honestly and vulnerably my own lifetime struggle with my body shape and how I have finally come to peace with it. I just know you will feel SO INSPIRED when you read my story!

So I urge you to read the second book and do all the Processes in it. They are truly powerful and will prepare you really thoroughly for the emotional aspects of your HCG Journey.

And the Processes in Book 2 could quite possibly change your life in many other ways too, far beyond your body shape issues. Because the emotional issues that have kept you fat are likely interfering with your life in other ways. By working through them thoroughly and completely in my second book, you will not only be setting yourself up for massive Fat Liberation with HCG but also for a very empowered, fulfilling happy life ever after.

Book 2 is available on Amazon now! [You can buy it HERE.](#)

... [CONT] ...

Copyright

“MINDSET MAGIC! HOW TO POWERFULLY PREPARE YOURSELF FOR HCG DIET SUCCESS”

By HappyConsciousGal™

Second Kindle Edition, June 2013

Copyright © 2013 by HappyConsciousGal™

All rights reserved.

Find out more about HappyConsciousGal and the rest of the books in this awesome “*HCG Holistic Series*” at her inspiring website:

www.happyconsciousgal.com