

*As Thin  
As You  
Think*



*The Keys to Unlocking  
Your Weight Loss Power*

by **KRISTIN VOLK FUNK, M.Ed., CCH**

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**PRAISE FOR KRISTIN VOLK FUNK'S WORK AND  
THE AS THIN AS YOU THINK PROGRAM:**

*When I first started Kristin's program, I weighed 220 pounds. With her techniques, I easily lost 40 pounds and have stayed at a healthy 180 pounds for over two years. Kristin got me past the psychological walls that used to keep me overweight. I quit smoking thanks to Kristin as well!* — BRIAN DUNGAN, CHANHASSEN, MINNESOTA

*With Kristin's program, I have lost a total of 86 pounds so far and I am only 17 pounds from my original goal! I feel fantastic and it has been really fun shopping for my upcoming vacation!*  
— CINDY STUNEK, BAXTER, MINNESOTA

*"Kristin's As Thin As You Think seminar gave me the focus to lose and keep off 18 pounds. The class empowered me to exchange chocolate and bread cravings with a strong desire for vegetables and other healthy food."* — DEE CANTALICE, MILLSTONE TOWNSHIP, NEW JERSEY

*"With Kristin's help I lost 25 pounds without exercise and have effortlessly kept the weight off. The hypnosis was great. It took away the cravings for fast food and candy and I was rarely hungry. Now my refrigerator is filled with vegetables, and junk food no longer tempts me."* — JIM CLAFFEY, MAHTOMEDI, MINNESOTA

*I lost 11.5 pounds in eight days with the As Thin As You Think program and have now lost a total of 50 pounds. This way to lose weight is so easy!* — ROSIE E, HUDSON, WISCONSIN

*I lost 9 pounds the first week of my program with Kristin. I was never able to diet for more than a week before and now I have no desire for the pizza, cheese and pop that are around the house. What I love about Kristin's program is that I don't think about food between meals or at night. It's the easiest thing ever. I can't emphasize enough how simple it is. Kristin's techniques are amazing!"*  
— LIZ DICKINSON, CLIENT, CANNON FALLS, MINNESOTA

*“With Kristin’s program, I lost 2” off my stomach and 2” off my waist in 10 days! I have no desire for white bread or chocolate. I just want healthy foods. I know I’ll reach my goal.”*

— MARY F, LITTLE SILVER, NEW JERSEY

*“Three days from our first weight loss session with Kristin I lost 7 lbs and my boyfriend lost 3. Plus, I am still a non-smoker after nine months! (I’d smoked for 25 years). We are very impressed with Kristin’s work.”* —HEATHER, MAPLE GROVE, MINNESOTA

*“I’ve lost 15 pounds in three weeks and I know I’ll reach my goal weight. It’s great that I don’t need to count calories or weigh my food. This is the easiest way to lose weight. I’m not on a diet. I just eat healthy foods. All of my cravings for diet pop and junk food are completely gone.”* — D.K., VADNAIS HEIGHTS, MINNESOTA

*“Breakfast used to be a donut or croissant egg sandwich that I would buy on my way to work. Now I make a simple breakfast at home of lean protein and take vegetables to snack on at work. I never realized before how much time I was wasting stopping at the fast food places in the morning. I’m saving money and time, losing weight and gaining energy. I haven’t felt this good in years.”*

—R. G. ST PAUL, MINNESOTA

*“Since my weight loss program with Kristin began last week, I’m drinking tons of water, keeping a food journal, and listening to the CD. I have also worked out twice at the gym. I am calm, committed and happy.”* —STEVE BRIGGS, GRANTSBURG, WISCONSIN

*“Thanks to Kristin, I was able to let go of my emotional addiction to food and lost 25 pounds. I’m in control again!”*

— KAREN RAJTAR, HAM LAKE, MINNESOTA

*Kristin’s easy techniques helped me lose 35 pounds and I’ve have kept them off for over a year now.* — JOHN, MINNEAPOLIS, MINNESOTA

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## ■ *A NOTE TO THE READER*

If you are overweight, you are not to blame! It is not your fault!

In the past decade we have been saturated with dieting information. We all know that sugar, trans fats and lack of exercise are bad for us. With all of the information available, why is obesity growing at alarming rates? Why are we feeling such frustration and guilt as we lose weight only to gain it again?

This is not a diet book, but it is a book that will allow you to feel the confidence, the self-love and motivation to turn away from the thoughts and feelings that cause you to gain weight. This is a book to help you take charge of your mind.

When you change on the inside, the reflection you see in the mirror changes.

Before you change your relationship to food, you must first change your relationship with yourself. Traditional diets are about looking at the outside world: what you buy at the grocery store, what gym to join, the numbers on the scale. As long as you keep your focus on the outside, you will go on and then off the diet. You will lose and then gain the weight. If nothing on the inside (your heart and mind) changes, you will stay stuck on the failure plan of diets.

This book is an invitation to walk on the Success Path that will lead you to happy, healthy and, most importantly, permanent weight loss.

This book helps you to lovingly address the cause of your weight problems. It is not just about what foods to eat and how to exercise, but also about what you have innocently internalized in your heart and mind. With gentleness, this book will help you heal the unconscious mistaken beliefs that have led you to overeat.

When you change the Inner You into a healthier one, you will start to view food differently.

This profound change does not require a lot of time or money. If you're like most people today, you have already made the costly investment of both and have been devastated to find the weight creep back up again.

The profound change to permanent weight loss simply requires a small willingness to begin the journey.

Take one small step – see and feel the positive results. Take another small step...and another...with each small step you feel more hopeful. You begin to turn your attention away from food and feelings of failure and to say “no” to cravings. You begin to walk with self-control and embrace the change that is yours to make. Before you know it, you are permanently walking a path of health as a slender, self-loving person.

This book is about a permanent healing not just in your relationship with food, but more importantly in your relationship to yourself. This book will give you the keys.

May we begin?

## ■ PREFACE

After earning my Masters degree, finishing my internship and working several years as a counselor I became intrigued with the clinical applications of hypnosis. I decided to visit several local hypnotherapists to personally experience the healing powers of hypnosis and to become familiar with the various techniques. Along the way, I was fortunate to meet my mentor, Geri Rudd, who was in the process of slowly retiring from private practice.

Geri was a member of MENSA and had a Masters of Social Work degree. She was brilliant, kind and insightful and, to my great fortune, took me under her wing. I began a fast track apprenticeship program with her, with the understanding that I would assume her practice when she retired. This was an exciting time for me, as I knew I had found a truly effective technique that would help people achieve their health goals. I've been hooked on hypnotherapy ever since.

After practicing hypnosis under the tutelage of Geri, I was ready for my first solo sessions.

My first client was a long-time smoker who wanted to quit the smoking habit because it was ruining his health. This middle-aged man, who had smoked two packs of cigarettes a day for years, quit the habit after only one session with me. He also reported no withdrawal symptoms. I will never forget my excitement as I thought, "Wow, this really works!"

My next client was Herman, a seventy-year-old man who wished to give up drinking alcohol. Sadly, his daily excessive drinking had become too much for his family to handle. His wife had divorced him decades earlier and his children had rejected him. Not having spoken to his children in years, Herman desperately wanted a relationship with them and with his grandchildren before he died.

I told him I was quite certain I could help and conducted a hypnotherapy session with him. He easily went into a deep hypnotic trance and I guided him to visualize and feel how great it would feel to be a non-drinker. I helped him relax further and led him to imagine and emotionally experience the hugs and happy tears of his children and grandchildren as they opened their hearts to him once again.



I gave Herman powerful hypnotic suggestions to view alcohol as the toxin it is and to feel how he would now release it easily from his life. I also led his memory back to the time in his life before he started drinking and to remember how effortless, fun, easy and natural it was to be a non-drinker. “What once was, now is,” I quietly, yet firmly, stated while he enjoyed the hypnotic state.

Herman’s subconscious mind, now fully open to my suggestions and images allowed a wonderful transformation to occur. As is true with almost all of my clients, when he opened his eyes after the session, he felt instantly refreshed, energized and happy. At his follow-up session the next week, he came in beaming and with tearful eyes told me that from the moment he left his first session, his desire for alcohol was completely gone.

He said that all of his drinking buddies were amazed and would provide testimonials that he no longer visited the bars.

His buddy, Don, had this to say: “I’ve never seen Herman without a drink in his hand and I’ve known him a long time. After the hypnosis, he just stopped drinking. No cravings, nothing. Pretty amazing.”

Best of all, his children and grandchildren forgave him and he was now joyfully a part of their lives. Witnessing these and the other early successes, I became more and more committed to using hypnosis. It became my work focus and passion and I began to use it in my own personal life in many wondrous ways.

## ■ *PARTNERS IN HEALING*

As a professional hypnotherapist, I consider myself a partner in my client’s healing journey. Although some of my clients may need additional appointments, I continue to hold the expectation that they will be able to make significant progress within just one session.

My professional experience has led me to believe we are “all one” and therefore the relationship between the therapist and client will have different outcomes depending on the mindset of both. Therefore, one of my roles is to help each client develop an expectation of success even before I begin the hypnosis. With a mutual mindset of positive ex-

pectations, healing can, and often does, occur at an accelerated pace. Sometimes my client's success becomes blocked by skepticism, self-blame, shame and feelings of unworthiness. In these cases, we may decide together to address these blocks before moving forward. For instance, when a client doesn't become a complete non-smoker in the first session, I become intrigued and know that I can find the missing link. A quick follow-up session is usually all we need to make the appropriate corrections.

As I mentioned earlier, my clients' intentions are of utmost importance to their success. I explain to them that we are entering a partnership. I cannot do anything without their approval and cooperation. In fact, I don't hypnotize anyone. They hypnotize themselves.

The techniques work, but only if they are willing for them to work, I explain. They must be motivated to change and be willing and able to relax. To help accomplish this, I have created a comfortable and relaxing office environment. My goal is to have people feel instant calm as soon as they enter my waiting room. I want my office to be a "relaxation oasis" for each and every person who enters, even for the mail carrier who drops off my daily mail!

I painted the walls a soothing blue, placed a beautiful rug on the floor, added upbeat health magazines for reading, low intensity table lighting, filtered water and a water fountain with bird chirping sounds. First-time clients listen to my eight-minute Introduction To Hypnosis CD in the waiting room, which relaxes them into a state of mild hypnosis and also serves to educate them on the "hows and whys" of hypnosis.

By the time they enter my inner office, they are usually very relaxed, ready and prepared to have a successful session.

I invite them to relax in the soft recliner. I serve them tea or water and love to place a comfy blanket on them as they relax and let me do my work. I instruct them that I will simply guide their ever-listening subconscious mind to receive positive hypnotic suggestions, which will allow them to take control of their mind, emotions and body. I explain that I will do all the work; all they need to do is relax and enjoy the session.

To help my clients hasten and deepen their healing, I produced a series of self-hypnosis recordings which I now sell worldwide. I have heard from many people that simply by using my Quit Smoking CD, they were able to quit the habit effortlessly. For instance, I was speaking at a local health expo one year and was approached by a young woman who had purchased my Quit Smoking CD the earlier year. She excitedly told me that she and her college roommate listened to it every night as they fell asleep. They both quit smoking in just one week and have been non-smokers ever since.

Another client, John, purchased my Weight Loss Hypnosis CD and lost 6 pounds in 10 days. He became my client and proceeded to lose another 40 pounds with individual sessions.

Hypnosis is simply utilizing how the mind works and using the proper programming for success.

My friend, Laurel, took my Quit Smoking CD with her during a Hawaiian vacation. She listened to it twice daily and was a non-smoker by day four of her vacation. That was four years ago and she remains a non-smoker to this day. Besides giving up smoking, my clients have discovered that they also do not gain weight. In fact, many of my clients have reported losing ten to twenty pounds as a wonderful side effect of quitting smoking with my program.

By the way, I never refer to my clients as smokers or addicts or by any other label. I see them as healthy as they were at birth and I have yet to hear of a baby being born with a cigarette hanging from his mouth! Everyone is born a non-smoker, as a non-addict, happy, trusting and self-loving. It's what comes after birth that programs us for addictive and self-destructive beliefs and behaviors.

With specific hypnosis techniques, I simply help people revert to their natural states of good health and healthy behaviors. I help them connect to their true essence of positive energy and vitality.

I often have prospective clients call me and say, "I know there's no quick fix." They are surprised to hear me say, "Yes there is!"

I have many years of success to back up that statement. I tell people that hypnosis can be quick, easy, pleasant and effective. The "no

quick fix” statement is just an unhelpful hypnotic or programmed statement that keeps people stuck.

My work is about getting people unstuck and moving forward with ease and happiness. After all these years, I am still amazed at how quickly the subconscious mind can be reprogrammed and how, with motivation and an open mind, we can all lead the bountiful, healthy, happy lives that we were born to enjoy.

## ■ *HOW TO USE THIS BOOK*

The book you hold in your hands can help you change your life. In fact, right this minute, go get your camera and take a picture of yourself. Then, label the photo “The Old Me.” Here’s my promise to you. If you do what I’ve outlined for you in this book, you will soon have another photo – and you will be able to proudly label it, “The Me I Was Meant to Be.”

What’s so different about this book and why am I so sure it can help you – when all the other things you’ve tried might have failed?

Here are four powerful reasons why this weight loss program will be your last:

- 1.** The information contained in this book has been tested and proven to be successful by my clients for more than twenty years. It is also the same information I used to restore my own health and fitness after gaining more than 50 pounds and to maintain my weight loss.
- 2.** This book focuses on You and your unique approach to life. It gives you not just one solution – but an entire collection of them. You will choose the methods that feel right for you and you have the freedom to start with just one method – or combine several different options.
- 3.** This book will guide you to make the most important changes you can make – the changes in your mind and your thoughts. How do I know this is so? My clients prove it to me every day. Many of them had only one session with me and were able to achieve and maintain their desired goal – because they were able to reprogram their minds for success.
- 4** This book makes it easy! I have taught these methods to teens and adults alike. Not only have my clients been successful, they have also discovered that the journey could actually be both effective and fun.

So I wrote this book for three compelling reasons. First, I see the need for a tangible, lasting and healthy solution to achieving weight loss. I shudder to see people spending hundreds of dollars and undergoing needless emotional trauma while failing at weight loss programs.

According to the World Health Organization, over 1.5 billion adults are overweight and of these, over 500 million are obese. And although millions of dollars are spent daily on weight loss, sadly, people across the globe are getting heavier and unhealthier.

The second reason I wrote this book is that the majority of weight loss “solutions” do not offer effective road maps. The typical road maps include external changes, or supplements (some of them dangerous), or radical behavior modification that, by its very nature, cannot be sustained.

The road map that will get you where you want to go begins in your mind. Your thoughts determine the direction and the rules of the road.

Even better news? Once you understand how to reprogram your mind for weight loss success, you can program your mind in the same manner for all other changes you may want to make: reducing stress, quitting smoking, enjoying more confidence, improving your finances, even finding your mate!

It all begins in your mind and this book can be as powerful a tool as you wish to make it.

And that’s the third reason I wrote this book. I want you to experience lasting success with your weight loss journey and build happy memories as you do so.

*“Change the way you look at things...and the things you look at will change.” – DR. WAYNE DYER*

It is said that you only need to change 3% of what you are doing, for the rest of your life to begin changing. Use this book to change how you see your weight loss journey. View this journey as an exciting adventure of personal growth. See yourself walking your new path with

joy and anticipation. And keep that camera nearby. The New You is very close!

## ■ *HOW TO USE THIS BOOK TO CHANGE YOUR LIFE*

As a counselor, I have found that the most lasting and profound changes can be made when they are easy, fun and experiential. This book is designed with this in mind; for you to experience the *joy* and *ease* of reaching your weight goals and maintaining your success.

There are various ways to use this book:

**1.** Privately: Immerse yourself in a powerful, loving, intimate workshop of self-discovery and healing as you become the slender and healthy person you were meant to be. This book is your personal workbook. Start at the beginning and go chapter by chapter. Or, let your intuition guide you on which chapters to focus on. Some chapters may call for you to linger a while, really mastering the theme. Take your time. Remember, this is the last time you will need to lose weight, as your weight loss will be permanent!

**1.** With friends, family or colleagues: This book can serve as a wonderful book club focus, or as a weight loss support group guide. The power of group consciousness with the combined intention of health and happiness cannot be overemphasized.

Whether you choose to take this exciting journey alone or with others is entirely your choice. There is no right or wrong way. The important thing is to start.

PART I of this book focuses on the emotional nature of eating and how to let go of emotional addiction to food. This will include:

- Simple self-awareness exercises
- Affirmations for success
- Self-esteem building tools
- Transformational manifestation steps
- Powerful visualizations
- Guided imagery scripts

- Effective hypnosis techniques
- Motivational stories that you can make your own
- Success Journal Entries for structure and note taking

All of these will help you attain emotional freedom from food and make your journey a pleasant and easy one. I simply do not subscribe to the myth that positive changes need to be difficult and time consuming. One of the many reasons I've embraced guided imagery and hypnotherapy is that changes can be accomplished quickly and in an easy and pleasant manner. Once you've released emotional and behavioral barriers, such as feelings of unworthiness, negative self-talk and other damaging and limiting attitudes, you're free to become the person of your dreams.

I encourage you to use my Hypnosis for Weight Loss CD, which is a wonderful complement to this book. Using these techniques in the book, along with the power of hypnosis in the CD, you can begin to make changes right away.

You can get results similar to Lauren from Cedar Rapids, Iowa who wrote:

*Your weight loss CD is just amazing. I can't believe what has happened. I realized I never really tasted food before. Now I savor and chew every bite and I need to eat less. Food even smells wonderful, which I never used to notice. I can see a bag of potato chips and it means nothing to me! At our holiday baking day with friends, I enjoyed the baking but had no desire to eat any of the cookies. Now, instead of eating chocolate and cookies every afternoon, I relax with your CD. I feel so energized without all that sugar!*

PART 2 of this book will provide you with essential facts about food, eating habits and exercise and their effects on metabolism, cravings and weight gain. You don't need to know every nook and cranny of nutrition, but I do believe that without this basic knowledge you may

not be as successful as you'd like to be on your weight loss journey. I am not a nutritionist, doctor or dietician, so I have not gone into a scholarly analysis of the nutritional aspects and chemical nature of food. I have, however, done a lot of research into nutrition and will share with you the basics of the research I've read and the success stories of people I know (including myself) who have learned which foods and additives to avoid for health reasons.

For those of you who would like more information, I have provided excellent resources on healthy food in the Appendix.

Although the main focus of this book is on weight loss, it is also intended to help you see how you can, by shifting your mental focus and intention, alter every aspect of your life: become a non-smoker, gain the confidence to get a great job, develop your athletic skills, tap into your creative genius and learn to relax. There is no limit to the things that can be accomplished with focus and attention.

To help you see the fabulous benefits and potentials available, I will provide you with stories and testimonials of my clients who have used my techniques to gain the self-control, motivation and ability to live the life of their dreams. I have also written of my own weight loss journey. In fact, this book began years ago in the form of my personal diary entries. The results I got were so significant that I eventually felt compelled to share my discoveries with everyone.

*Remember this: There is no rush.*

As a note of encouragement to you, Dear Reader, I'd like you to remember to always treat yourself with kindness during your weight loss journey. When you keep in mind that you are losing weight for life, you will realize that you have time. There is no need to push yourself or to hurry the process. In fact, when you view this process as the last time you lose weight, you can allow yourself time to enjoy the journey. Savor the process. Say good-bye forever to each pound you lose and say hello to being thin forever!

Imagine this: One of my favorite hypnotic images to help clients lose weight is to suggest that they are a part of nature, like a beautiful plant growing in a green meadow. I guide them to imagine the slender



stalks of wheat, thin blades of grass and graceful, lean stems of flowers. Plants are surrounded by nourishment in the soil, but only take the exact amount necessary for beauty, strength and health. “You are like the slender, perfect flower stem. You take in the proper nourishment and leave the rest,” I suggest. “There is no need to over-consume or to hoard food. You are slender, strong, trim and perfect.”

I encourage you to adopt this image of a beautiful plant as inspiration to achieve and enjoy the healthy body of your dreams....the healthy, slender body that you deserve.