



Window to the World review

Radio Show on Learning How to be a Thin Person

There are two parts to our personalities: the phony you—the ego
And the real you, your soul

We catch egos like we catch the common cold — from each other, our parents, friends, TV and movie personages.

- The soul is the secret you, you know inside of you The one who wants but never gets what he or she wants. The one who cries inside of you while the ego puts on a face to fool the other person.
- My book *Unraveling your Past to Get Into the Present* helps you to get rid of the ego so that you can live your life, do what you want, pick your life, be in charge, be yourself—your soul self.

The ego speaks and acts on automatic pilot. The ego is an out of control brat that takes over our bodies, minds and mouths. The soul is left to experiences the out of shape, disease ridden and weakened body.

So how does the ego interfere with your appetite to ruin your body plan?

Continued on page 2

Who is eating — overeating your food: Your ego or soul?

1. Our next guest will reveal the secret all thin people know and you want to know. She will tell us how thin people think and how it is different from the thinking of people who over eat.
2. What is the awful truth about losing weight and then putting it right back on again with a little extra? Dr. Broqueville says it is not because we love food or that we are hungry.
3. Would you like to know how to shrink your stomach without staples? Our guest will tell us how to get a grip on our eating habits that are killing us and making us sick.
4. What are the dieters pitfalls that keep him or her failing time after time, our next guest who is the authoress of the new book called *Unraveling Your Past to Get Into the Present* is here to tell us. Her name is Dr. Paulette Renee Broqueville. (brookville) What do dieters need to know before they begin a diet Dr. Broqueville?

These are the suggested questions for the show.

Movie: My Fair Lady

This is a movie of transformation, in it we learn that friends are the support that make us win or lose. The new environment in which Eliza finds herself stimulates new growth and a freedom for her soul to change from ego control to soul control of her life. Change your environment in order to change your life and that means have soul friends too.

To my readers:

We are a nation of broken hearted people. We need a change. The only way we can have a change in our society is one person at a time: that means that we each have to change ourselves. Become self-disciplined souls. *Unraveling Your Past to Get Into the Present* does just that: it helps the reader rethink his/her life and make the change. Being the soul is being in control—being the ego is being out of control. Please help by telling the right people who could donate our books to schools and prisons to go to our web site and take a look at *Unraveling Your Past to Get Into the Present*.

IN THIS ISSUE Window to the World

- Why dieters fail
- How to shrink your stomach naturally
- Keys to successful dieting
- Secrets of the thin
- Movie: My Fair Lady

Continued from page 1

Your ego lives in an imaginary world—La La Land. Your soul lives on earth—in reality or in truth. What happens if your ego chooses your diet? You eat whatever the ego wants without thought of the consequences. Let's face it being over weight is not healthy and being under weight is not healthy.

Do you ever fight with yourself. It is your ego and your soul battling over what to do. Who should rule? If you choose your ego to rule you will have disaster in your life. Choose your soul and you will have order and what is good for you in body, mind and soul. The choice to be your soul and then choosing what to do is the key to gaining control of overeating.

How can we change from being ego bound to being in soul control of our eating habits and our bodies' health?

First make a decision to live life as your soul. My book *Unraveling Your Past to Get Into the Present* teaches a step by step way to gain the courage to live your life as you the soul and not the life that your ego chose.

How do we know if the soul is choosing?

Are you happy with the decision? Then your soul made it. Are you unhappy with the decision? Then your ego made it.

Decide today who you want to be, the ego or your soul. The soul is on earth so to reinforce the choice: Stomp your feet and declare, I am my soul. Do this with all choices you make especially with food choices. Choose to eat what your soul wants to eat. You may still eat the dessert but the soul made the decision not your ego—the mad man or mad woman who stuffs the food into your mouth without even tasting it.

What is the secret that all thin people know?

- Thin people are comfortable in their thin bodies.
- Thin people refuse to grow out of their clothes. They refuse to be uncomfortable.
- Thin people eat but only until comfortable.

Over weight people eat until they are uncomfortable, they buy clothes to accommodate the new size and they are uncomfortable in their bodies.

Comfort is what over weight people need to learn.

Why do people fall off their diets and regain the weight with a little extra each time? If its not hunger or love of eating then what is it?

Comfort! Its being uncomfortable with being comfortable.

Continued from bottom left

- First your friends often give negative reactions becoming jealous of your success, they turn to the dark side and become mean. Being thin means that you will lose your friends.
- Second, people enjoy looking at nice looking people. Thin people are comfortable with being looked at. Heavy people becoming thin are uncomfortable. It takes getting used to. Thin people just ignore people's glances.
- Third, the opposite sex will come on to you more now when you are thin. Can you handle the attention, can you say No, can you discern who is genuine and who just wants to use your new body.

People who are ego's and who have friends who are ego's must make a decision. Who do you want to be and who do you want as friends? Stomp your feet: I am my soul. If you want to get over being ego bound you must recognize when the ego has taken over your mouth, mind and body—or your friends. You cannot be the soul and have ego bound jealous, mean spirited, ridiculing, criticizing, people as friends: they are enemies to your soul. So called friends ruin more diets than our appetite for food.

How can a person shrink the stomach without surgery?

- First: If your stomach is large or huge you have to shrink it over months. Measure portions. Each day make the portion just a little smaller.
- Second: Decide to quit eating before your stomach hurts. Hurting is stretching.
- Third, begin to drink water. No sodas, just water. Over a two week or three week period gradually drink 1/2 your weight in ounces. If you weigh 100 pounds drink 50 ounces of water.

**Sign up for a free subscription to
Window to the World Review
by visiting our Web site at
<http://www.broqueville.com>**