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# Slimming World

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## Sexy and stunning!

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- Nurse Jeanette lost 2st 12lbs and found a healthy lifestyle p8
- From farmer's wife to glamour girl: how Laura lost 3st 10lbs p24
- Sue lost 3½st: now her trendy daughters copy her look! p12

# Love your new life

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# Soul food

Many of us might think about popping a few supplements as part of our plans to improve our health and energy, but American psychologist Dr Robin L Smith has a better prescription: 'Inspirational Vitamins' to nourish your deepest self and fortify your soul. Taken daily as part of a balanced emotional diet, they're guaranteed to fuel your motivation and build up your reserves of peace, serenity and inner strength!

**D**r Robin L Smith writes: 'I have been taking a daily dose of my Inspirational Vitamins for many years – some pill-size, others in the form of intravenous solutions. It all began during a time of struggle in my life when I was overwhelmed with feelings of disappointment, loss and pain. I had hoped for rescue in the form of a therapist who would "make it all better" – a fairy godmother who would wave her magic wand and swish away my pain, or better yet, a knight in shining armour who would save me. Much to my chagrin, neither happened. I finally realised that no one was coming along to fix me or my situation – that was my job.

'My breakthrough happened when I finally came to understand and accept the reality that my life, its joys and sorrows, successes and failures, were solely my responsibility to manage. It was during this time I had the brainwave for Inspirational Vitamins – capsule-sized messages that I would prescribe to myself as part of my daily emotional survival gear.

'At first, only I took them. Then, after my friends and family learned what I had been doing to transform my own life from pity to power, they started experimenting with Inspirational Vitamins and found that they worked for them too!

'I still take my daily dose of Inspirational Vitamins. These help me to focus my mind, ground my thoughts and re-energise my spirit and my body. Here are seven of my Inspirational Vitamins – one for each day of the week and especially appropriate for people embarking on a new venture or plan.'



'I love this word – Abundance! I love the concept that, somehow, everything I need and much of what I desire will come into my life. Whatever you focus on will grow bigger and bigger in your life –

positive or negative. Make the choice to grow the positive!'

**Daily dose:** Today I identify what in my belief system is helping me grow and which of my beliefs are causing me to shrivel up. I will decide what to dump and what to keep. It is my choice! Today, I choose to focus on the positive and all that I can do to open the windows of Abundance – inviting it to flow into my life, my relationships, and my opportunities.



'Awakening is about involving yourself fully in the game, in the ebb and flow of your life. If you have been hibernating in a deep sleep of avoidance of life, with all its possibilities, it's time to wake up and re-

engage with your destiny. It is never too late to begin the journey of Awakening, and once you are fully awake, you will discover an unclaimed gift with your name on it. The gift is there for the taking. It is the gift of your life!'

**Daily dose:** Today I put aside all doubt and fear and begin the process of Awakening to new life, new hopes, new dreams, and a new way of seeing myself in the world. For the rest of my life, I will Awaken each day to all that is wise and wonderful. My life was waiting >

'I bring you great news: no matter what happened in the past to cause the loss of your spirit, you have the power to reclaim it!'

◁ for me while I was hibernating. I don't want to keep it waiting any longer. I am excited and perhaps a little apprehensive to be Awakening from my deep sleep, yet I don't want to be anywhere else other than on my journey toward Awakening.



'We can be Fearless while flooded with fearful thoughts. Successful people, if honest and emotionally secure, would admit that fear is always floating somewhere around them. We are Fearless

when fearful thoughts don't stop us. You know that embarrassment – even humiliation – is not the worst-case scenario. The worst that can happen is letting opportunity pass you by – missing the fun of joining in the dance or of spending the beautiful day relaxing in the sun.'

**Daily dose:** When fear shows up, I recognise that it brings with it potential for greatness in my life. I remind myself that fear and opportunity travel together. My reaction to fear is no longer avoidance. I don't run away from fear. Instead, I welcome the fear and invite opportunity into my life.



'Hope is most powerful when partnered with determination and hard work. Having Hope without these often leads to feelings of frustration, disappointment and hopelessness. But Vitamin Hope is the

building block for our desires and dreams. Hope influences and shapes what we create in our lives.'

**Daily dose:** I keep Hope alive in me and in my family. As I reflect on others who Hope for a better world or a better life for themselves and others, I will write down three Hopes that are close to my heart. I will share at least one of these three Hopes with someone close to me. I know that Hope is essential to my health and wellbeing. Whether I am feeling full of Hope or feeling hopeless, I am committed to finding strategies and people to help me maintain a hopeful perspective. *Great Expectations* will no longer be just the title of a book. It is the new theme for my life. I am hopeful for great and wondrous things!



'Rebounding from hurt, shock, misfortune, even unfairness, builds resilience muscles and makes it easier to recover next time. Resilience is not just about recovering from hardship. It's about jumping into the game

of life with all our passion, power and vitality. Resilience is not just about surviving; it's about thriving.'

**Daily dose:** This is a new day! I choose to let all old grudges and worries blow away with the wind that takes them to a place so far they can never return. I align myself with the millions of people who have travelled this road before me – who endured hardship, yet found their way back to whole and loving selves. Anything or anyone who stands in my way, I will gently move aside or bend myself around as I say, 'Excuse me, my life is waiting!' I love my Resilience!



'Vitamin Spirit is an inner determination and a will that won't allow itself to be broken. I bring you great news: no matter what happened in your past to cause the loss of your spirit, you have the power to reclaim it! Don't be overwhelmed;

this adventure is the most rewarding of your life. After all, you are taking back what is yours, and you don't need to ask permission of anyone.'

**Daily dose:** Today I call back my spirit from all the places where it was abandoned or taken away. I will carry out my own 'search and rescue' effort. I am worth it and my spirit means everything to me. I recognise that I cannot live a fulfilling life without Vitamin Spirit. I acknowledge that my spirit is the foundation of my life. I begin the process of reclaiming my spirit today. It was mine from the beginning, and it is mine for evermore. My Spirit is a gift from the divine!



'Whenever you meet someone who believes they have all the answers to life's deepest questions, walk or run away for your life. Wise people know that ageing brings far more questions than

answers. Learn to love the questions!'

**Daily dose:** I am wise enough to discern what I do not know from what I do know. Foolish people and fanatics are always certain of their knowledge; wise people are full of questions. The wiser I get, the less I seem to know with certainty, and the more comfortable I am with accepting this reality, I will listen for the voice of Wisdom, and know she can be heard in friend and foe, in all human beings, and in all creation. Even when I have doubts, I know that Wisdom is with me and I will seek her counsel! And when I gain understanding, I will feel gratitude for Wisdom's presence. □

Visit [www.drrobinsmith.com](http://www.drrobinsmith.com) to find out more about Dr Robin L Smith and 'Inspirational Vitamins'.