



“ Dr. Blair Whitmarsh's SlimMind Software exercises will help you to become the slim, fit, and healthy person that you have always wanted to be. You will gain the will-power to direct your eating patterns and engage in an active lifestyle. SlimMind will make you confident in yourself and you'll see a permanent change in how you look and feel. ” **Dr. Blair Whitmarsh**

## Tired of the Yo-Yo Dieting Syndrome?

### Ready to Lose Weight Permanently?

90% of our mind's power is housed in the subconscious mind and is responsible for our behaviors, habits, and performance. That 90% can work for you or against you.

Dr. Blair Whitmarsh's SlimMind Software will make sure that the 90% is working for you!

SlimMind's concise 9-minute mental training sessions are easy and enjoyable to use. All you have to do is pop the CD into your drive and let

#### SlimMind Sessions

- Portion Control
- Stop the Junk Food
- Stop Eating for Emotional Reasons
- No Late Night Eating
- Drinking Plenty of Water
- Stick with Aerobic Exercise
- Slim and Build with Strength Training
- Eat Only What You Need
- Positive Self-Image / Active Lifestyle
- Reduce the Sweets and Sugars

the software do the rest. The only click you'll have to make is choosing the mental training session you'd like to run. Then sit back and relax. Look and listen and follow the training. Almost immediately, you will feel yourself gaining confidence and heading directly toward the slim, fit, healthy and more vibrant YOU!



“Bar none, Dr. Whitmarsh has incredible insight, skill and has a fantastic ability to empower

individuals to achieve more than they ever thought possible.”

*Lorrie Horne, Team Canada Head Coach, Ringette*

“The mental skill strategies I have learned from Blair allowed me to get to my all time low of 4% bodyfat to earn me my pro card as a natural bodybuilder. I know they will be beneficial for everyone who uses them.”

*Neal Hamilton, W.N.B.F. pro natural bodybuilder*



subconscious  
training  
corporation

