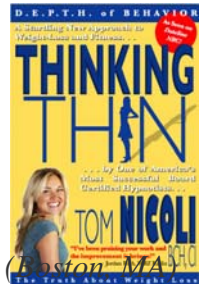

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NEW RELEASE: REQUEST FOR REVIEWS & INTERVIEWS
Thinking Thin: The Truth About Weight Loss

By Tom Nicoli
ISBN 0-9761111-5-2

‘....we suffer through trendy diet programs without lasting results. We work ourselves beyond exhaustion at the gym. ‘Miracle’ pills for weight loss prevail in today’s marketplace. Still, our weight still fluctuates more than the stock market.’

“THINKING THIN” by Tom Nicoli, (Kallisti Publishing) is an innovative, practical new approach to successful weight-loss while enhancing fitness. The book contains a revolutionary, empowering and inspirational new approach toward the prevailing weight-loss and poor fitness pandemics.

Nicoli, a world-acclaimed Board-certified hypnotist, is commonly known for his successful work as shown on *Dateline NBC* and glowing reviews of his work in *SHAPE Magazine*.

Nicoli has shown thousands of people around the world how to free themselves from the anguish of obesity while helping themselves to reach their weight loss and fitness goals. Nicoli’s **“Thinking Thin”** teaches readers how to lose the weight, maximize potential for better health and improve their sense of well-being as a life commitment rather than a quick-fix.

The book asks readers the right questions, enabling comprehension and answers to what reasons and behaviors cause their weight gain in the first place. Determination of the root of the issue, followed with modification of behavior utilizing Nicoli’s successful process to lose weight, enhance overall mental and physical health and restore well-being provide the keys necessary to unlock the mystery behind successful achievement and ongoing maintenance of weight loss goals.

Nicoli’s D.E.P.T.H.™ method provides the foundation through which readers determine the root of their weight problem. This step is instrumental in establishing and following a successful path for sustainable elimination of excess weight. D.E.P.T.H. is Nicoli’s acronym for Denial, Emotional Pain, Truth & Honesty – an acronym for the process which has helped thousands of people address why they are overweight, take action in losing the weight, and then keep the weight off long-term.

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Tom Nicoli is interesting and engaging. He is available for interviews, appearances, and expert source query. Copies of his book, bio, photos, fact sheets and/or promotional materials are available upon request. For additional information online, please refer to www.tomnicoli.com/press.
