



## Top Ten Ways to Find the Man of Your Dreams While Obese

1. It's vitally important to know that you are attractive. To know this fully requires mental work to cement it into your daily thinking.
2. You've got to know that you are good in specific detail: e.g., I am smart, I am talented, I do *this* well, I am loving..... please, make this list and then think it!
3. Dress with pride in your appearance. Hold your shoulders back and don't listen to ignorant comments from those less unfolded than you are.
4. Keep yourself well groomed. Get my document called the *Top Ten Ways to Look Good While Obese* and do them.
5. Tell yourself daily "I am a magnet for the perfect mate in my life as I am right now. I consciously open my heart up to loving and being loved."
6. Create satisfaction in your life for those areas where you ache for satisfaction. It's not *his* job to satisfy you. In fact, if you've got gaping needs, he'll sense that and run away from you.
7. Take classes that improve your mind or your soul. It changes the level of your vibrations, and makes them more appealing and more radiant.
8. Create a mind model of what your perfect man is like. Tip: it's not about his physical appearance. Make a list of the character traits you appreciate. If you want kids, he'll have to be a good dad. Like that.
9. Think your mind model on a regular basis – three times every day for fifteen minutes of uninterrupted thought. Since your thinking is causative, you'll cause what you want the moment you embrace that it's true of you.
10. Love yourself. I'm serious. If you don't, how can anyone else? If you don't, you'll be vibrating "I don't love myself" and it will repel all comers. Love yourself.

Who do you know who hasn't read the book *My Cats Have Seen Me Naked?* Invite them to visit our [Bookstore](#). Please send them an email, share this document with them and tell them about the book and this site. Each one reach one.