

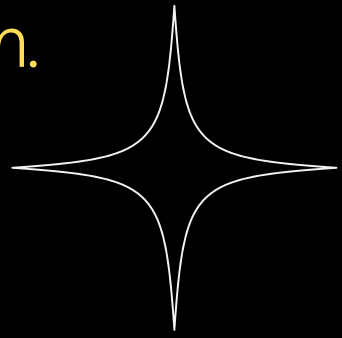
A STEP-BY-STEP GUIDE

# The Belief Shortcut:

# Achieve Your Goals Faster

Unlock the **Secret** Short-Cut  
that was hidden from you

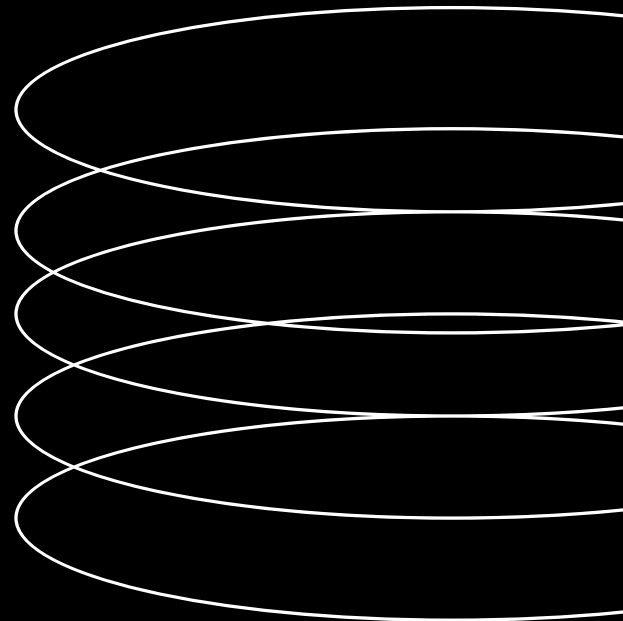
Think of this as the shortcut for your life ambitions  
—quick, focused, and results-driven.



Here's a taste of what's waiting for you :

- Want to stop trying to lose weight and just get the body of your dreams?
- Want to stop struggling to pay bills and have extra at the end of the month?
- Want to stop being alone and find the relationship you've always dreamed of?
- Want to stop feeling invisible and finally be recognized, respected, and heard?

If you answered yes to any of these, you're in the right place!



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# Introduction

DO YOU EVER FEEL LIKE YOU'RE STUCK IN A  
CYCLE OF TRYING AND FAILING, NO MATTER  
HOW HARD YOU WORK?

YOU'RE NOT ALONE.

WHETHER IT'S LOSING WEIGHT, IMPROVING FINANCES, OR  
FINDING A FULFILLING RELATIONSHIP, MOST PEOPLE SPEND  
YEARS—SOMETIMES A LIFETIME—CHASING GOALS THEY  
NEVER SEEM TO REACH.

THE PROBLEM ISN'T THAT YOU'RE LAZY,  
UNMOTIVATED, OR INCAPABLE. FAR FROM IT. THE  
PROBLEM LIES IN THE MAP YOU'VE BEEN FOLLOWING.

IF YOU'VE EVER WONDERED WHY SOME PEOPLE SEEM  
TO HAVE EVERYTHING THEY WANT WHILE OTHERS  
ARE LEFT DREAMING,

HERE'S THE TRUTH:

**SUCCESS ISN'T ABOUT WORKING HARDER.**

**IT'S ABOUT WORKING SMARTER—AND THAT STARTS WITH  
THE RIGHT MAP.**



# What You'll Learn In This Book

**THIS ISN'T JUST ANOTHER “FEEL-GOOD” GUIDE TO GOAL-SETTING.  
IT'S A SHORTCUT—A PROVEN METHOD TO HELP YOU FINALLY  
ACHIEVE THE RESULTS YOU'VE BEEN CHASING.**

**IN THIS SHORT YET TRANSFORMATIONAL EBOOK,  
YOU'LL DISCOVER:**

- **WHY YOUR PAST EFFORTS HAVEN'T WORKED—AND WHY IT'S NOT YOUR FAULT.**
- **THE CRITICAL FIRST STEP EVERY OTHER PROGRAM MISSES (AND HOW TO USE IT TO UNLOCK LASTING RESULTS).**
- **HOW TO IDENTIFY AND APPLY THE HIDDEN SECRET THAT'S BEEN HOLDING YOU BACK.**
- **A SIMPLE, ACTIONABLE FRAMEWORK FOR ACHIEVING ANY GOAL, NO MATTER HOW BIG OR SMALL.**

HERE'S THE TRUTH:

# Are You Ready to Finally Succeed?

THINK OF THIS AS THE "6-MINUTE ABS" FOR YOUR LIFE—

**QUICK, FOCUSED, AND RESULTS-DRIVEN.**

**HERE'S A TASTE OF WHAT'S WAITING  
FOR YOU:**

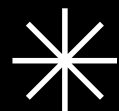
WANT TO STOP:

**TRYING TO LOSE WEIGHT AND JUST GET THE BODY OF YOUR DREAMS?**

**STRUGGLING TO PAY BILLS AND HAVE EXTRA AT THE END OF THE MONTH?**

**BEING ALONE AND FIND THE RELATIONSHIP YOU'VE ALWAYS DREAMED OF?**

**FEELING INVISIBLE AND FINALLY BE RECOGNIZED, RESPECTED, AND HEARD?**



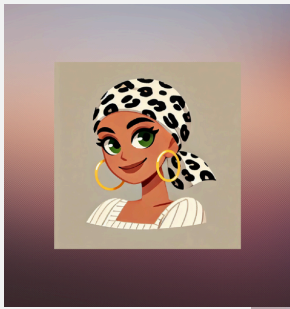
# If you answered yes to any of these,

**YOU'RE IN THE RIGHT PLACE. BY THE TIME YOU FINISH THIS BOOK,  
YOU'LL UNDERSTAND WHY YOUR PAST EFFORTS DIDN'T WORK  
AND, MORE IMPORTANTLY, HOW TO REWRITE THE RULES TO  
FINALLY GET WHAT YOU WANT.**

## **A QUICK DISCLAIMER**

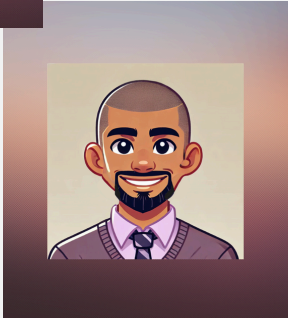
**THIS ISN'T A MAGIC PILL. ACHIEVING YOUR GOALS WILL TAKE FOCUS,  
INTENTION, AND A WILLINGNESS TO CHALLENGE THE BELIEFS YOU'VE  
BEEN TOLD FOR YEARS. BUT HERE'S THE GOOD NEWS: ONCE YOU  
UNLOCK THIS PROCESS, IT'S LIKE FLIPPING A SWITCH. SUDDENLY,  
THINGS THAT ONCE FELT IMPOSSIBLE WILL START TO FEEL NATURAL—  
EVEN INEVITABLE.**

# About The Authors



SANDRA

IAN



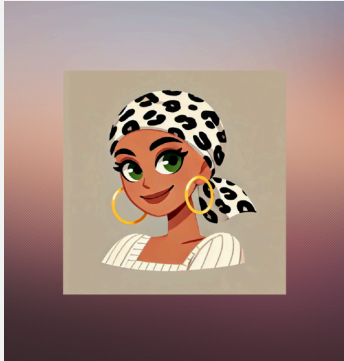
MEET SANDRA AND IAN!

Sandra and Ian are the creators of the groundbreaking Thought Amnesia Method (TAM) and the Think Fat Loss, Not Weight Loss system (TF-NW). With a combined 50 years of dedicated study, trial and error, and hands-on practice, they've become leaders in understanding the subconscious mind and its transformative potential. Their passion lies in helping individuals break free from limiting beliefs, reprogram their subconscious, and achieve extraordinary results in every area of life.

Sandra is an emerging leader as an expert in behavior and development analysis, specializing in changing minds and habits. As a co-creator of TAM, she has guided clients toward unlocking their potential and achieving their goals through targeted belief reprogramming. Her holistic approach is informed by her experience as a devoted mother of four, inspiring others to live fully balanced lives across her 5 Pillars: Love, Health, Wealth, Career, and Family/Friends.

About

IAN



# The Authors

SANDRA

**Ian brings a wealth of expertise and analytical precision to their work, helping refine and implement the systems they've developed. His focus on clarity and actionable strategies ensures that clients experience meaningful and lasting change.**

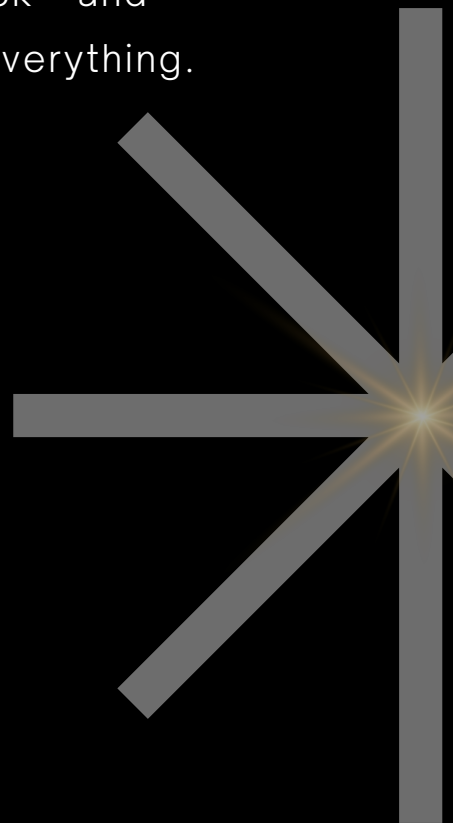
**Together, Sandra and Ian have successfully deployed their methods with more than 200 clients, ranging in age from 4 to 73, and from diverse walks of life. Their work has empowered men, women, and children alike to overcome obstacles, achieve their goals, and transform their lives. If you're ready to experience the power of reprogramming your beliefs, Sandra and Ian's systems provide the proven tools and guidance to unlock your true potential.**



# Let's Begin

This journey starts with one question:

Where have you been going wrong?  
In the next chapter, we'll break down the common mistakes that have been keeping you stuck—and introduce the simple shift that will change everything.



# Chapter 1:

## Where Have You Been Going Wrong?

**YOU'VE BEEN WORKING HARD. MAYBE EVEN HARDER THAN MOST. BUT INSTEAD OF FEELING CLOSER TO YOUR GOALS, IT FEELS LIKE YOU'RE STUCK ON A TREADMILL—EXHAUSTED AND GOING NOWHERE.**

Does that sound familiar? If it does, you're not alone. Millions of people like you have been told they just need to try harder, think positive, or follow the next “proven system” to achieve their goals. And yet, despite all the effort, something still feels...off.

Here's the truth: It's not your fault. You've been working with the wrong map.

### **THE CRUNCHES VS. FAT LOSS ANALOGY**

Imagine this: You want six-pack abs. You start doing crunches every day, convinced this will finally give you the toned stomach you've always wanted. But months go by, and nothing changes. Why? Because the secret to abs isn't crunches—it's reducing body fat.

It's the same with achieving your goals. If you've been focusing on the wrong actions or skipping crucial steps, it's no wonder you're not seeing results. The truth is, most programs, coaches, and even experts don't understand this. They teach you what they know, but often, they're missing a vital piece of the puzzle.



## WHY THE “OLD MAP” FAILS YOU

Let's break it down. Most advice about achieving goals follows a predictable pattern:

1. ~~Set a goal.~~
2. ~~Change your actions.~~
3. ~~Stay consistent.~~

But what happens when you hit a wall?

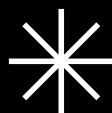
What happens when you feel unmotivated, self-doubt creeps in, or life throws you a curveball?

For many of us, that's where the wheels fall off.

You try to push through, but deep down, there's something holding you back—something whispering, “This isn't for you,” or “You're not enough.”

These invisible whispers act like roadblocks, no matter how clear your goal or how hard you work.

And here's the kicker: Changing your actions without addressing those whispers is like trying to fix a car engine without opening the hood.



"The Whispers Behind the Curtain"

# 'The Whispers Behind the Curtain'

These whispers aren't random;

They're the echoes of your deeply rooted belief systems—those invisible scripts running in the background of your mind.

Belief systems are powerful.

They shape the way you see yourself, the world, and what's possible for you.

Every time you hear “this isn't for you” or “you're not enough,” it's not just a fleeting thought—it's a reflection of a belief you've internalized, often without even realizing it.

And here's the truth: until you identify and reprogram those beliefs, the whispers will keep steering your actions, sabotaging your efforts, and holding you back from the results you truly want.

## The Right Map: A New Way Forward

The good news? You don't have to stay stuck.

You just need to work smarter, not harder, and follow a better map—one that starts where success truly begins: with belief.

When you start with belief, everything changes.

- Actions align naturally.
- Motivation becomes effortless.
- Results start to feel inevitable.

This eBook is your guide to that better map. By the end, you'll understand why belief is the first—and most important—step to achieving any goal. You'll also learn how to identify and reprogram the beliefs that have been keeping you stuck.

# Your Turn:

## Identify the Pattern

BEFORE WE DIVE DEEPER, LET'S TAKE A MOMENT TO REFLECT ON YOUR JOURNEY SO FAR. GRAB A PEN AND PAPER TO WRITE DOWN YOUR ANSWERS.

1. THINK OF A GOAL YOU'VE STRUGGLED TO ACHIEVE.
2. WHAT ACTIONS DID YOU TAKE TO TRY TO ACHIEVE IT?
3. NOW, ASK YOURSELF: DID YOU TRULY BELIEVE IT WAS POSSIBLE FOR YOU? WHAT DOUBTS CREPT IN ALONG THE WAY?

WRITE DOWN YOUR ANSWERS. WE WILL NEED THEM IN A FUTURE CHAPTER FOR REVIEW.

**“WHAT GOT YOU HERE WON'T GET YOU THERE.”**

YOU'VE ALREADY WORKED HARD. NOW IT'S TIME TO WORK SMART. IN THE NEXT CHAPTER, WE'LL EXPLORE WHY OTHER PROGRAMS MISS THE MARK—AND THE SIMPLE SHIFT THAT CAN CHANGE EVERYTHING.

# Chapter 2: The Missing First Step

## Why the First Step Matters

If you've ever felt stuck despite your best efforts, it's not because you're lazy or unmotivated. It's because you've been following an incomplete process. Remember earlier we said that most programs do things out of order? They dive straight into actions without addressing what makes those actions meaningful, sustainable, or even possible: the beliefs driving them.

The missing first step to achieving any goal is understanding the Chain of Success—the order of operations that controls all results in your life. Once you grasp this sequence, everything begins to make sense. You'll see why past efforts fell short and, more importantly, how to unlock the results you've been chasing.



# The Chain of Success:

## The Order of Operations

Think of the Chain of Success as the blueprint for achieving any goal. It's a natural sequence, and when followed in order, it ensures your actions are aligned, your emotions are supportive, and your results are inevitable.



# HERE'S HOW IT WORKS

## **1) BELIEFS: THE FOUNDATION OF EVERYTHING.**

Your beliefs shape how you see the world, what you think is possible, and what you feel you deserve. They're the silent drivers behind every decision you make. If your beliefs don't align with your goals, progress will always feel like an uphill battle.

## **2) THOUGHTS: WHAT YOU FOCUS ON.**

Your beliefs influence your thoughts. For example, if you believe you're not good enough, your thoughts will echo that belief, filling your mind with doubt and negativity. On the flip side, empowering beliefs lead to constructive, goal-focused thoughts.

## **3) EMOTIONS: THE FUEL FOR YOUR ACTIONS.**

Thoughts create emotions. Think about how you feel when you're confident versus when you're filled with doubt. Positive emotions like excitement and determination propel you forward, while negative emotions like fear and frustration keep you stuck.

## **4) ACTIONS: WHAT YOU DO.**

Your emotions drive your actions. When your emotions are positive, your actions are aligned and purposeful. But when negative emotions dominate, your actions often lack consistency or intention, sabotaging your progress.

## **5) RESULTS: WHAT YOU EXPERIENCE.**

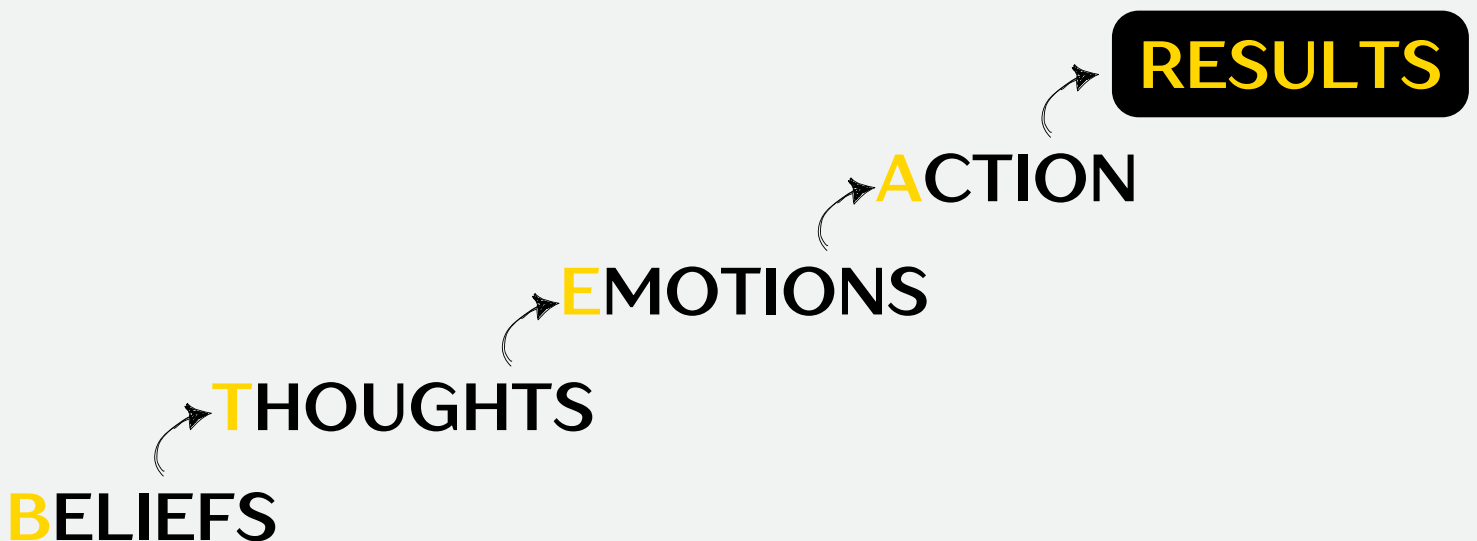
Actions lead to results. The outcomes in your life—whether in health, relationships, finances, or any other area—are a reflection of the beliefs you started with.

# Why This Order Matters

Most programs ask you to start at Step 4: Actions. They say, “Just do the work, and the results will follow.” But what happens when you don’t feel motivated? When self-doubt creeps in? When life gets hard? Without addressing the first three steps, your actions won’t stick because they’re not supported by the right foundation.

When you start with belief, however, the entire chain aligns:

- EMPOWERING BELIEFS LEAD TO POSITIVE THOUGHTS.
- POSITIVE THOUGHTS CREATE SUPPORTIVE EMOTIONS.
- SUPPORTIVE EMOTIONS DRIVE CONSISTENT, EFFECTIVE ACTIONS.
- CONSISTENT ACTIONS DELIVER THE RESULTS YOU’VE BEEN DREAMING OF.





# Your Turn: Assess Your Chain

Ask yourself:

- **Beliefs:** What do I truly believe about this goal?
- **Thoughts:** What thoughts dominate my mind when I think about this goal?
- **Emotions:** How do those thoughts make me feel?
- **Actions:** What actions have I been taking—or avoiding?
- **Results:** Are the results in my life matching the effort I've put in?

## THE KEY TO TRANSFORMATION

Understanding the Chain of Success is the missing first step that most people skip. But knowing it is only the beginning. In the next chapter, we'll explore how your beliefs were formed—and how to start reprogramming them to unlock the results you truly want.



# Chapter 3:

## How Beliefs Are Formed (And How to Reprogram Them)

### INTRODUCTION: THE FOUNDATION OF YOUR MINDSET

By now, you know that beliefs are the foundation of the Chain of Success. But where do these beliefs come from? Why do some empower us while others hold us back? Understanding how your beliefs are formed is the next critical step in transforming your results.

Beliefs don't appear out of nowhere. They are shaped by your experiences, upbringing, and the messages you've absorbed over time. The good news? While many of your beliefs may have been formed without your conscious input, they can be reprogrammed once you recognize them for what they are.

### THE ORIGIN OF BELIEFS

Beliefs begin forming the moment you're born. They develop from three main sources:

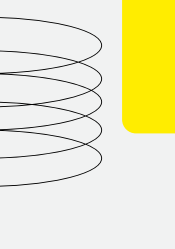
#### 1. Childhood Experiences:

- The things you were told by parents, teachers, and authority figures.
- Events you experienced that left a strong emotional impact.
- Observations of how others behaved and what they achieved.

#### 2. Repetition:

- Messages you've heard repeatedly over time—whether from family, media, or society—become ingrained as “truth.”
- For example, hearing statements like, “Money doesn't grow on trees,” or, “You're just not good at math,” can create limiting beliefs that affect your finances or academic confidence.

#### 3. Emotional Experiences:

- Events tied to strong emotions—like embarrassment, rejection, or success—leave a lasting imprint.
  - These experiences teach your subconscious what to expect in similar situations, creating belief patterns.
- 



# Chapter 3:

## THE POWER OF THE SUBCONSCIOUS MIND

Your subconscious mind is the keeper of your beliefs. Unlike your conscious mind, which analyzes and questions, the subconscious simply accepts what it's told—especially when emotions are involved. This is why beliefs can feel automatic, even when they contradict logic or your conscious desires.

For example:

- If you failed repeatedly at something as a child, your subconscious may have accepted the belief, “I’m not capable.”
- Even as an adult, that belief can trigger whispers like, “Why bother trying?” when faced with a challenge.

The subconscious doesn't differentiate between what's true and what's false. It simply repeats the patterns it's learned—until you teach it something new.

---

### HOW TO IDENTIFY LIMITING BELIEFS

The first step to reprogramming your beliefs is identifying the ones holding you back. Here's how:

#### Listen to the Whispers:


Pay attention to the inner dialogue that surfaces when you think about your goals. Do you hear thoughts like:

- “I don't deserve this.”
- “I'm not smart enough.”
- “Things never work out for me.”

#### Look at Your Patterns:

- Where do you consistently struggle in life?
- What actions (or inactions) keep repeating, despite your best efforts?

#### Follow the Emotions:

- When you feel fear, frustration, or doubt, ask yourself: What belief is triggering this emotion?
  - Often, the emotion is tied to a story your subconscious is telling you.
- 

# Chapter 3:

## The Path to Reprogramming

Here's a simplified framework:

### **Listen to the Whispers:**

- Go through all 5 Pillars of your life and assess root negative beliefs
- Write them down. For example: "I believe I'm not good enough."

(you can use our Root Belief Identification Chart, just contact us at thought [amnesia@gmail.com](mailto:amnesia@gmail.com) and we will send you a copy and instructions on how to use it)

### **ACCESS the Belief:**

- Enter into your subconscious
- Access the right program, folder, sub-folder and root directory where the root belief has been programmed in

### **Replace the Belief:**

- Choose a new, empowering belief that aligns with your goals. For example: "I am capable of achieving anything I set my mind to."
- Remove unwanted programming code, replace with new code
- And simply reverse back through the sub-conscious

**\*IT IS VERY IMPORTANT NOT TO MISS THE STEP OF CLOSING EACH FILE/LEVEL AS YOU EXIT\***



# Chapter 3:

## WHY REPROGRAMMING WORKS

Reprogramming works because your subconscious mind is part of a bigger system—your brain. Think of your brain like a highly advanced computer, running on programs stored deep within the subconscious. These programs dictate your thoughts, emotions, and actions, much like software controls a machine.

The good news? Just like any program that was written, your subconscious programming can be rewritten. With the proper understanding of the operating system, the ability to access root files, and the experience to craft the specific code—or language—your programming is written in, you can replace limiting beliefs with empowering ones. When this is done effectively, the new beliefs take over, seamlessly guiding your actions and transforming your results.

## YOUR TURN: START REPROGRAMMING

Reprogramming your subconscious is a skill—and like any skill, it takes time, knowledge, and practice to master. And of course a good teacher.

You could spend years, even decades, learning the intricacies of how the subconscious operates, how to access the root files of your belief system, and how to rewrite the programming in its specific language. Or, you can hire T.A.M. to do it for you.

Yes, this is a complete pitch for you to hire us—but here's why: we already have the expertise, tools, and experience to guide you through the process without mucking things up. Why risk trial and error when you could fast-track your transformation? Our methods are proven, effective, and designed to deliver results quickly and efficiently. So, if you're serious about changing your beliefs, your actions, and ultimately your results, consider this your opportunity to invest in yourself—and let us help you unlock the life you've been dreaming of.



## BUILDING THE NEW FOUNDATION



Understanding how beliefs are formed—and how to reprogram them—is the key to creating lasting change. In the next chapter, we'll uncover how to align your new beliefs with your goals, ensuring every action you take moves you closer to the results you want.

## Chapter 4:

# \* Proof That Beliefs Shape Your Results

### WHAT ARE YOU REALLY TELLING YOURSELF?

Every result in your life—whether it's success, failure, or stagnation—can be traced back to your beliefs. These beliefs aren't always obvious. In fact, most of them operate silently in the background, influencing your decisions, emotions, and actions without you even realizing it.

In this chapter, we'll explore how the beliefs you hold, consciously or subconsciously, directly shape your outcomes. To make this connection crystal clear, we've created a simple exercise to help you uncover the hidden beliefs that may be holding you back—and the empowering ones that can move you forward.

## The Beliefs Exercise

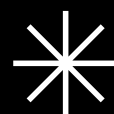
Next is a list of 30 beliefs—some positive and some negative.

As you read through them, pause after each one and notice your reaction.

Does the belief feel true for you?

Do you hear a whisper in your mind agreeing or disagreeing?

Pay attention to any physical or emotional response as well.



# Chapter 4:

## The List of Beliefs

Using a piece of paper and pen, make notes as you read each line

1. I'm not smart enough to succeed.
2. Opportunities never come my way.
3. I'm not worthy of love.
4. I can achieve anything I set my mind to.
5. Money is the root of all evil.
6. Success is for other people, not me.
7. I always mess things up.
8. I deserve to be happy and fulfilled.
9. I'll never be as good as others.
10. Good things never seem to happen to me.
11. I'm not good with money.
12. I don't have what it takes to create the life I want.
13. I can't lose weight no matter what I do.
14. I'm not capable of making healthy choices every day.
15. Nobody listens to me.
16. My voice doesn't matter, and no one cares what I think.
17. I'm always in the wrong place at the wrong time.
18. I attract the right people and opportunities into my life.
19. I'm too old to start over.
20. Every day is a fresh start to become the best version of myself.
21. Relationships never work out for me.
22. I am worthy of a loving, healthy relationship.
23. I don't have the discipline to succeed.
24. I'll never be determined enough to achieve my goals.
25. People only value me for what I can do for them.
26. I am valued for who I am, not just what I do.
27. I'm destined to struggle forever.
28. Life is full of possibilities, but they're not for me.
29. Nothing ever works out for me.
30. I create my own luck and success through aligned action.



## Chapter 4:

# What Did You Discover?

For example:

- If you felt agreement with several negative beliefs, they may be silently influencing your results.
- If you resonated with positive beliefs, they could be part of the foundation that helps you succeed in certain areas of your life.

## How Beliefs Affect Your Results

Let's break this down further:

- **Negative Beliefs:** These act like roadblocks. For example, if you believe “I’m not good enough,” you’re less likely to take risks, pursue opportunities, or stick with challenging goals.
- **Positive Beliefs:** These function like fuel. A belief like “I create my own luck” inspires confidence, persistence, and creative problem-solving.

## Your Turn: Dig Deeper

Now that you’ve uncovered a few of your beliefs, it’s time to take the next step. Choose one belief from the list that felt especially true for you—positive or negative—and reflect on it:

- Where do you think this belief came from?
- How has it influenced your thoughts, emotions, and actions in the past?
- What results has it created in your life?

Write down your answers and consider whether this belief is serving you. If it’s not, then it’s time to change the script. This is exactly what we specialize in—identifying and removing unwanted beliefs.



# Let's Wrap Things up

## THE POWER OF REPROGRAMMING

Now that you've uncovered some of your hidden beliefs, imagine the transformation that's possible when those beliefs are no longer holding you back. Reprogramming your subconscious isn't just about making small changes—it's about unlocking a whole new level of clarity, confidence, and momentum in your life.

When your beliefs align with your goals, everything shifts. The doubts and fears that once whispered in your mind fade away, replaced by empowering thoughts and unstoppable actions. This is the kind of change that ripples through every area of your life—your health, relationships, career, and beyond.

We've seen it happen time and time again with the people we've helped, and we can help you too. With the right guidance and tools, reprogramming your subconscious is not just possible—it's inevitable. Are you ready to step into the life you've always dreamed of?

## THE MISSING KEY TO YOUR SUCCESS

### SUMMARY

You've just uncovered one of the most important truths about success: it all starts with your beliefs. Throughout this book, we've explored:

- Why most programs fail—they skip the critical first step of aligning your beliefs with your goals.
- The **Chain of Success**, the order of operations that governs your results: beliefs → thoughts → emotions → actions → results.
- How your beliefs are formed and how they quietly shape every aspect of your life.
- A simple exercise to uncover the limiting beliefs holding you back and the empowering beliefs that can propel you forward.

Success doesn't come from working harder or doing more. It comes from working smarter—by starting with the right foundation. And that foundation is your belief system.

## SO WHAT ARE THE NEXT STEPS??



# SO WHAT ARE THE NEXT STEPS?!?

**NOW THAT YOU UNDERSTAND THE POWER OF BELIEFS, THE QUESTION IS: WHAT WILL YOU DO WITH THIS KNOWLEDGE?**

You could spend years learning the intricacies of how to access your subconscious, rewrite its programming, and align your beliefs with your goals—or you can let us do it for you.

If you're ready to dive deeper and unlock your true potential, contact us at [THOUGHTAMNESIA@GMAIL.COM](mailto:THOUGHTAMNESIA@GMAIL.COM) We'll guide you step-by-step to reprogram your beliefs, take aligned action, and achieve results you never thought possible.

Yes, this is a pitch—but here's why it matters: we have the tools, the expertise, and the experience to get it right the first time. Why waste years on trial and error when you can fast-track your transformation and start seeing results now?

## WHAT'S POSSIBLE FOR YOU

### IMAGINE

Waking up every day knowing that your actions are aligned with your goals and that success isn't just possible—it's inevitable. Imagine the confidence, clarity, and momentum that come from operating with empowering beliefs as your default.

## YOUR INVITATION

The life you want is closer than you think. If you're ready to uncover your true potential and finally achieve the results you've been dreaming of, we're here to help.

Let's get started together.

click the link: [thoughtamnesia@gmail.com](mailto:thoughtamnesia@gmail.com) or [thoughtamnesia.com](http://thoughtamnesia.com)

Want more insights like this?

# Drop us a line and let us know

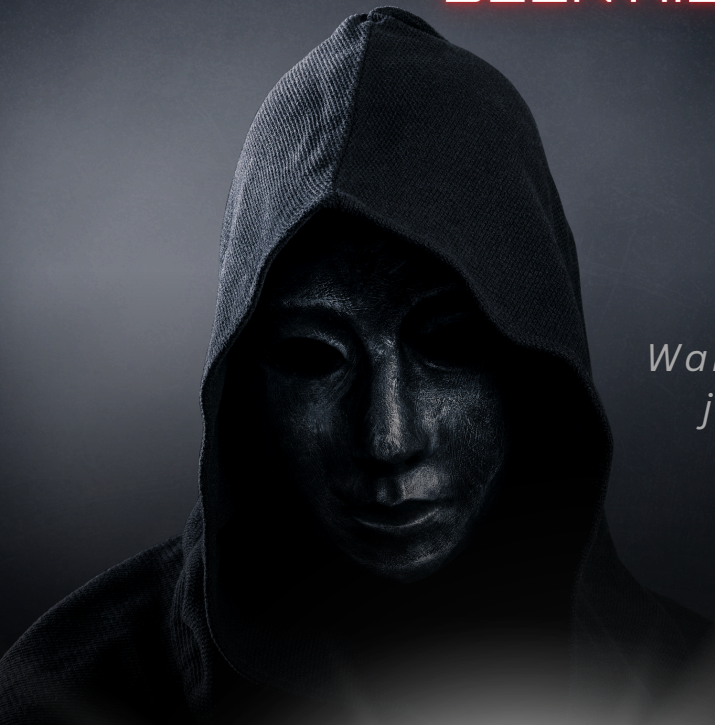
We have a ton of information and content waiting for you.

Lets us know what concern we can help you with: drop a line at [thoughtamnesia@gmail.com](mailto:thoughtamnesia@gmail.com)

**THANKS FOR STOPPIING BY**

# THE BELIEF SHORTCUT:

UNLOCK THE BELIEF SHORT CUT THAT HAS  
BEEN HIDDEN FROM YOU



*Want to stop trying to lose weight, and  
just get the body of your dreams?*

*Want to stop struggling to pay  
the bills, and have extra at the  
end of the month?*

*Want to stop being alone,  
and have the relationship  
you always dreamed of?*

*Want to stop being  
ignored, instead be seen,  
recognized and heard?*

*In this short e-book you will learn how to short  
cut your efforts and find the secret to why some  
people get everything they want and others just  
dream about it.*

*Brought to you by the creators of The Thought Amnesia Method and  
TF-NW Think Fat Loss Not Weight Loss*

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