



Untitled #1 (Spanish Edition)

Alejandro Chabán

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Now available in Spanish. Alejandro Chabán, creator of the Yes You Can! diet plan, shares his seven essential steps for shedding emotional weight in this deeply personal and inspirational account of how he mastered his thoughts to heal his soul.

Before Alejandro Chabán became a health and wellness icon and one of the most trusted Hispanic celebrities, he had an unhealthy relationship with food and his self-image. He suffered from obesity as a child which led to ruthless bullying and, subsequently, anorexia and bulimia. But even after he lost 150 pounds, he realized his newfound figure did not bring him happiness. He was still weighed down by the negativity that he had always associated with food. With this revelation came a life-altering shift in his mindset. He realized that he needed to make the change for himself and not for anyone else. From that day forward, a weight was lifted from his mind, and that made all the difference.

In *Think Skinny, Feel Fit*, Alejandro shares the seven steps that were essential in helping him master his mind and lose emotional weight. These steps, grounded in positive thinking and self-commitment, have helped countless people to start living happier, healthier lives. Readers will learn the effects of emotional weight and how to identify mental obstacles, set goals and create affirmations, change your habits for good, and so much more. And if readers need a little extra encouragement, Chabán provides personal anecdotes and success stories to give that extra boost and help you create a positive change in your day-to-day life.

Now, you can say “Yes!” to taking care of yourself the way you deserve.

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