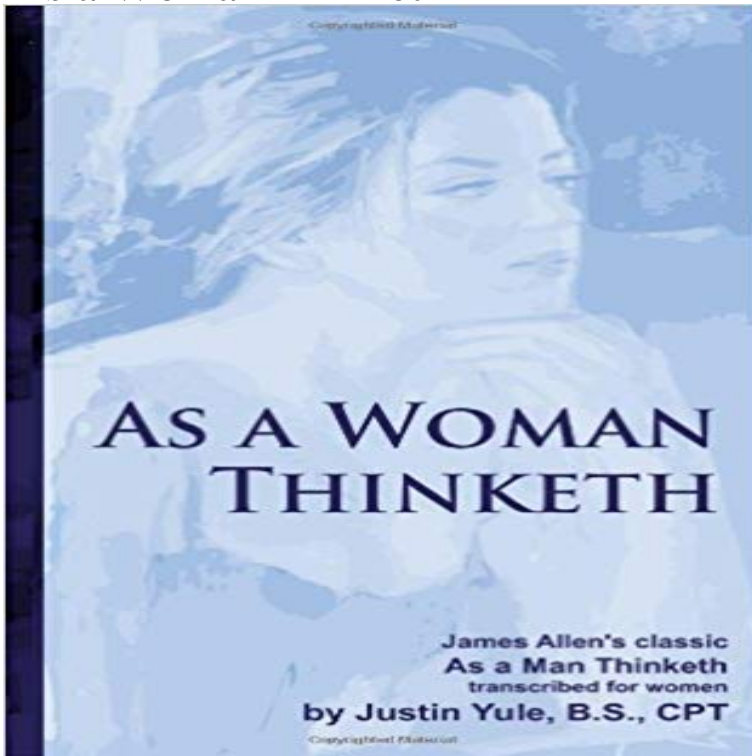


## As a Woman Thinketh



As a Woman Thinketh Originally by James Allen Revised by Justin Yule for the Women of Fitness Revolution As a Man Thinketh has been a MAJOR influence in my life. It helped reshape my vision and kick-start a new chapter in my life that was both extremely difficult and incredibly rewarding. I wouldn't be sharing this updated version with you today if it weren't for the constant study of the original. I'll spare you all the gory details, but let's just say that while things seemed to be going really well for me to onlookers, I was VERY unhappy with where I was and where I was headed. In 2008 I enrolled in a personal development coaching program with Bob Proctor ([www.BobProctor.com](http://www.BobProctor.com)) and the very first book we studied was As a Man Thinketh. To say that I diligently read the book would be a severe understatement. I STUDIED IT! It spoke to me in a way no other book had; I couldn't get enough of it. I literally carried it everywhere I went. I read it over and over and over again. If I was in line at a cafe I pulled it out and read it. If I was waiting for an appointment I pulled it out and read it. Hell, I even read it in the bathroom. ;-b

I read it at every opportunity I had. I studied the words, thought about them, made notes and reflected on what they meant to me. I swear, every time I read it, I picked up something new or got a better understanding of the message James Allen was sharing. I've since recommended As a Man Thinketh to countless personal training clients and even share an excerpt from chapter 3 (Thought and Health) in my Total Body Breakthroughs Workshop that I lead at my Fitness Revolution in Chanhassen, MN. I updated As a Man Thinketh to As a Woman Thinketh because I train so many women. While James Allen meant for the book to be read by everyone, the style of writing in his time was masculine. I never liked the way this left women out of the great lessons taught

in his book. This book is too important to be put aside by a woman who misinterprets the title or feels put off by the masculine tone. I want to dedicate this version As a Woman Thinketh to the most important women in my life: My mother who has been there for me my entire life. She has stood by my side through thick and thin, and shes loved me unconditionally. Without her support I would not be where I am today. My wife Janell who is my best friend in this world. She has stuck with me through this incredible roller coaster of life. Her faith in me along with her undying love gave me the ability to become the person I am today. I will be forever grateful to her. My female clients who bust their butts each and every day to be the best version of themselves. You are why I do what I do every day. Being a small part of your transformation is a true honor and a pleasure. Thank you for your continued commitment to Fitness Revolution and yourself HAVE FAITH & TAKE ACTION!

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