

# **Positive shrinking: Writing about the things that mean most can help us lose weight**

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## ***Daily Mail:***

The secret to slimming could be as simple as picking up a pen and writing.

In a remarkable indication of the potential power of positive thinking in dieting, researchers found that women who wrote about what meant most to them each day lost significantly more weight than those who didn't.

A study by America's Stanford University and Renison University College in Canada recruited 45 undergraduates, none of who were thin and about 60 per cent of them technically overweight or obese.

Read the full story: [Daily Mail](#)