

The Thin Commandments:

1. If you aren't thin you aren't attractive.
2. Being thin is more important than being healthy.
3. You must buy clothes, cut your hair, take laxatives, starve yourself, do anything to make yourself look thinner.
4. Thou shall not eat without feeling guilty.
5. Thou shall not eat fattening food without punishing oneself afterwards.
6. Thou shall count calories and restrict intake accordingly.
7. What the scale says is the most important thing.
8. Losing weight is good/ gaining weight is bad.
9. You can never be too thin.
10. Being thin and not eating are signs of true will power and success.

Thin Commandments

IM Harris



Thin Commandments:

Eventually, you will certainly discover a additional experience and endowment by spending more cash. still when? pull off you give a positive response that you require to get those every needs like having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to understand even more roughly the globe, experience, some places, like history, amusement, and a lot more?

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