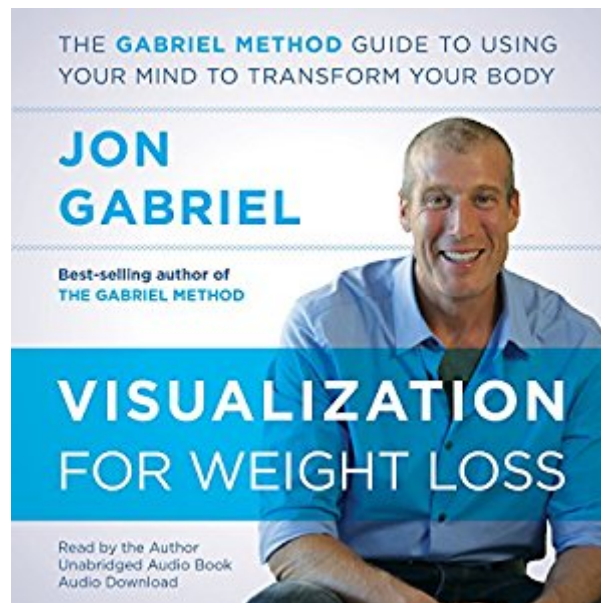




The book was found

Visualization For Weight Loss: The Gabriel Method Guide To Using Your Mind To Transform Your Body



Synopsis

In *Visualization for Weight Loss*, Jon Gabriel expands on the most talked about tool in his best-selling book, *The Gabriel Method: visualization*. This powerful technique helped Jon drop 220 pounds without dieting or deprivation, because it didn't depend on calorie counting or extreme exercise - rather it changed his biochemistry and neural pathways. In turn this helped lower stress and its associated inflammatory chemicals in his body, allowing him to lose weight easily and naturally. Examining the importance of visualizing for weight loss, Jon takes listeners through the latest research on the power of the mind in order to show why this technique works. And then he lays out concrete, unintimidating advice about how to implement visualization into their lives. In addition to teaching listeners how to move into the most powerful brain state for enacting change, Jon includes visualizations to help listeners: Overcome disempowering beliefs surrounding food and weight loss Melt away stress Conquer fears of losing weight Rediscover the joy of movement Create healthy new habits Kill food cravings and addictions Achieve better sleep Jon not only provides listeners with these visualizations but also teaches them how to create their own personalized visualizations that can be even more powerful. He then presents a four-month visualization strategy that can be easily included in anyone's life - no matter what time constraints they face. As Jon found on his journey, the biggest challenge in weight loss is not finding the perfect diet or the perfect exercise routine; the biggest challenge is convincing your brain that your body needs to be thin.

Book Information

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#632 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

The book seems helpful, although, all this talk about real living food is overdone. It sounds like dieting in disguise. It could give someone fear if they eat otherwise. I believe in balance when it comes to eating and not everyone can afford to buy everything organic. The author should not impose his beliefs on others in this category. I plan to use the visualizations Just read it and do it my way and tailor it to my needs, I don't plan to buy any of his video/audio extras. The book is chock full of visualizations for all sorts of things including skin tightening, which I really need. Just read it and see if it's something that could help you.

Love this book! I have started visualization after reading this and it really does help. Jon is able to explain how visualization helps change your mind very well. Plus he has many stories of other people's success to back up what he is telling you in the book! Powerful for anyone not just people trying to lose weight.

Still reading it (absorbing all the info) but I truly believe in Jon's methods. His focus is on the why instead of the what (what to do, what to eat, etc.) - this isn't a diet book at all, but a journey/lifestyle book. His visualizations/meditations are amazing and at the very least, relaxing. I have a long way to go before I'm like the examples in this book, but I take heart that if they can do it, I can too. Great book.

I was excited to read this book. I think Gabriel has a lot of good ideas. I am always interested to hear ideas and opinions from others. I do understand the certain method of visualization. Take everything with a grain of salt though. Gabriel's method is going to take work on your part a lot of practice and a change of the way you think.

LOVE IT!!!

I just received Jon's book and can't put it down, every page is filled with so much good information. His book is the best for weight loss and how to live a calm happy life. Thank You Jon.

A well-written and thoughtful book! It was everything I had hoped it would be. I ordered the app for the visualizations done by Jon, and they are indispensable to me now. I listen to them every day! I know my weight will become what I want it to be in the near future, and will stay there.

Outstanding, well-written book that takes the subconscious mind into consideration to assist in the weight loss voyage.

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Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss
Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1)
The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)
Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)
Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1)
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Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7)
Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes)
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The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)
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