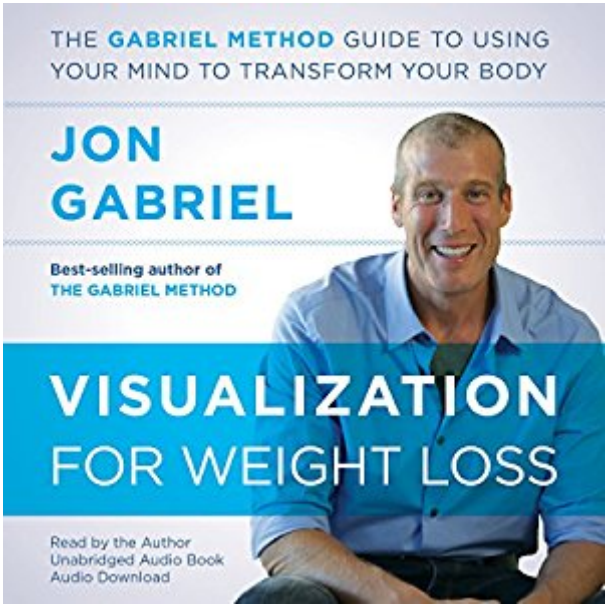
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# Visualization For Weight Loss: The Gabriel Method Guide To Using Your Mind To Transform Your Body




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## 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

Audible Audio Edition
Listening Length: 4 hoursÃ Â andÃ Â 27 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Hay House
Audible.com Release Date: February 26, 2016
Whispersync for Voice: Ready
Language: English
ASIN: B01COR0GQE
Best Sellers Rank: #79 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #333 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #632 inÃ Â 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 indispensible 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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