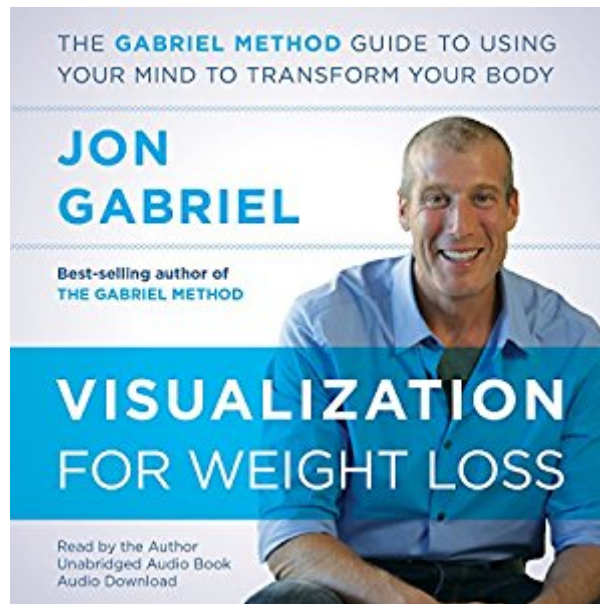


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Visualization For Weight Loss: The Gabriel Method Guide To Using Your Mind To Transform Your Body



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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Customer Reviews

Book: â œVisualization for Weight Lossâ • by Jon Gabriel Book Review by Mary Mikawoz The â œJon Garbriel Methodâ • was the first book written by this author. I read it and thought it was interesting but did not actively pursue it or the visualization that he provided. Now, that I am faced with this second book, I am more intrigued. Jon uses visualization much in the way that Shakti Gawain suggests in her book, â œCreative Visualization.â • He has taken it one step further, however, and has made some excellent visualizations that look they would work. They encompass using white light and predominantly the navel as a focal point. Other areas include the forehead. Both of these are near important chakra points and so the visualizations are more powerful. Jon discusses stress, trauma and fear as factors in being overweight. It is not simply a process of calories in and calories out otherwise diets would work but they don't. Dieting is an industry onto itself. The food industry system is into marketing processed foods that are cheap to produce and sustain on shelving and so not that good for the human body. The more raw and alive products with one ingredient is much more valuable to the body than products that have been laced with herbicides, pesticides, fungicides, chemicals and dyes. Jon believes in visualization and offers a 16 week program near the end of the book in which he uses a variety of topics to serve as focal points for morning visualization sessions. In the evening, there is a visualization that you can fall asleep to. Overall, I found the book to be informative because he backs up his work with scientific researched work which is nice to see. The most compelling part of the story is Jon's own transformation.

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