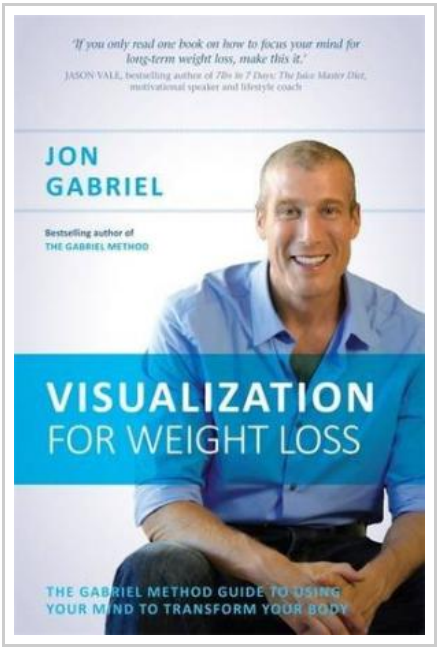


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Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body

By Jon Gabriel

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body, Jon Gabriel, In Visualization for Weight Loss, Jon Gabriel expands on the most talked about tool in his bestselling 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 readers 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 readers how to move into the most powerful brain state for enacting change, Jon includes visualizations to help readers: 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...

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