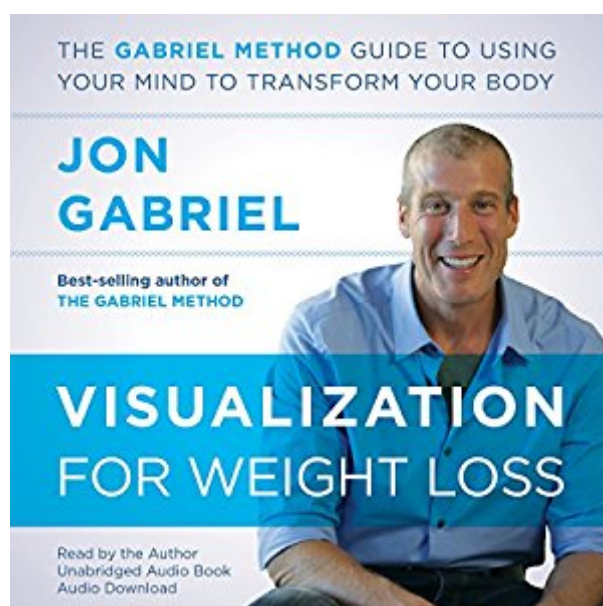


The book was found

# 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

Audible Audio Edition

Listening Length: 4 hours and 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: #42 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition  
#294 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #452 in Books  
> Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

Book: âœVisualization for Weight Lossâœ • by Jon Gabriel Book Review by Mary Mikawoz The âœJon Garbriel Methodâœ • 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, âœCreative Visualization.âœ • 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.

[Download to continue reading...](#)

Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body  
Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1)  
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)  
Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting)  
The Gabriel Method: The Revolutionary Diet-Free Way to Totally Transform Your Body  
Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting)  
Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes  
Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Two Best Sellers Book Bundle: Weight

Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!'  
'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Wheat Belly Diet For Beginners:  
Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and  
Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Weight Loss  
by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super  
Detox Diet (Weight Loss, Addiction and Detox) Gabriel's Redemption (Gabriel's Inferno Trilogy)  
Visualization Analysis and Design (AK Peters Visualization Series) A Course in Weight Loss: 21  
Spiritual Lessons for Surrendering Your Weight Forever Weight Loss for People Who Feel Too  
Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your  
Fabulous Self Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice:  
Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Natural Rapid  
Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning  
System Weight Loss Motivation Hacks: 7 Psychological Tricks That Keep You Motivated To Lose  
Weight The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight  
Loss\*\*Guided Meditation and Hypnosis CD Soupelina's Soup Cleanse: Plant-Based Soups and  
Broths to Heal Your Body, Calm Your Mind, and Transform Your Life

[Dmca](#)