



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

Jon Gabriel

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Join best-selling author and international weight loss expert, Jon Gabriel, as he teaches you the visualization technique he used to shed 220 pounds without restrictive dieting or deprivation.

Examining the importance of visualizing, Jon takes you through the latest research on the power of the mind in order to show why this technique is so effective for weight loss. With just a few minutes of visualization every day, you'll learn how to:

- Break free from negative beliefs and patterns around food
- Reduce hunger and increase your metabolism
- Overcome the stresses and emotional issues that can lead to weight gain
- Rediscover the joy of movement
- Create healthy habits for life
- Eliminate junk food cravings and addictions
- Improve your sleep and increase your energy

All of which lead to natural, enjoyable, and sustainable weight loss. Jon also teaches you how to create your own visualizations that apply to your unique life. And then he walks you through a 16-week transformational program that includes both visualizations and nutritional guidance.

The big challenge, Jon discovered, is not finding the perfect diet or exercise routine; instead, it's convincing your brain that it's safe to let go of excess weight, which you can do with visualization. When that happens, it's as if your body actually *wants* to be thin. And as Jon says, "There is nothing easier and more natural than losing weight when your body *wants* to be thin."



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