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The Gabriel Method: The Revolutionary Diet-Free Way To Totally Transform Your Body

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Synopsis

The pile of recent dieting books is growing faster than the average American's waistline. From the well-known programs that deprive and restrict to ones that rely on juice alone, it seems that everybody has an answer to the growing problem of obesity. When Jon Gabriel's life took an unexpected turn, he suddenly was awakened to the marvelous gift that he had been given - the opportunity to live - and was disgusted at how he had treated his body. At over four hundred pounds, walking, sleeping, and working was a struggle against gravity, and his life was a constant battle between emotional and physical satiation. He was slowly killing himself with food. Like the estimated 58 percent of Americans, and rising numbers in other countries, Jon was trapped in what he came to call the FAT - Famine and Temperature - trap. By studying biochemistry, Gabriel learned that your body has an internal logic that determines how fat or thin you will be at any given time. The way to lose weight is not to struggle or to force yourself to lose weight but to understand this internal logic and work with it so that your body wants to be thinner. When your body wants to be thinner, weight loss is inevitable and becomes automatic and effortless. You simply crave less food, you crave healthier foods, your metabolism speeds up and you become very efficient at burning fat, just like a naturally thin person. And that's the real transformation - to transform yourself into a naturally thin person, so that you can eat whatever you want whenever you want and still be thin, fit, and vibrantly healthy. After listening to The Gabriel Method, you will learn: Your body has a reason why it's holding on to weight - and it's not your fault. Fat is a cushion - a protective barrier that our mind believes is helping to protect us. If you can change that belief, you can change your body; stop the cycle of crash dieting and start eating what you want, when you want it. How to choose healthy, nutritious foods that nourish the cells in your body, not starve them. The simple way you can train your mind and body to work with your goal of health, not against it. How to eliminate the emotional and mental reasons your body holds on to weight in just 10 minutes a day. It certainly worked for Jon; he lost 225 pounds in two-and-a-half years, going from 409 pounds to 184, without suffering, dieting, or anguishing over his body. Unlike most people who lose an extensive amount of weight, his skin tightened up and now is indistinguishable from that of a person who has been healthy his whole life.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 14 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: December 31, 2012

Language: English

ASIN: B00ANTV0T8

Best Sellers Rank: #35 in Books > Audible Audiobooks > Health, Mind & Body > Health #36 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #98 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

I am not an overweight person but I'm not thin either. I am in the normal weight range for someone of my height. That said, I am only 5'1" tall so for me, gaining even 5 pounds makes a big difference. I got this book not because I wanted to get skinny overnight, but rather, learn why, after 18 years, I can't seem to lose these last 15 pounds. I eat right, exercise moderately and drink plenty of water. So why do I have these love handles and why do my thighs rub together when I walk? For me, having an extra 15 pounds on my frame means the difference between having PCOS or not. It's enough to slow down my metabolism and cause me to gain even more weight. It's enough to make exercising painful. It's enough to make me feel tired all the time. I've tried diets and exercise but I always gain the weight back. It seems my body is set at staying this weight, no matter what I do. Now, after reading The Gabriel Method I understand why my body is holding onto these extra 15 pounds of fat. All of the lifestyle changes I made in the past were physical, none were psychological. I realized that the change has to happen in my mind for it to happen in my body. I am seeing amazing results so far and I've only been using the method for a month. The first week my appetite reduced and my thirst increased. The second week I began feeling better about my body and gaining confidence. The third week I began exercising regularly. I've never been this consistent with my workout routines. (I now run 4-5 times a week and will begin swimming soon.) I've learned why depriving myself of the foods I love can backfire in the end. I learned why diets don't work. I learned why counting calories doesn't work. I've learned to love my body. And best of all, I've learned patience. I was so desperate to lose weight before, I would give myself a deadline and I'd torture myself with dieting and exercising and when I didn't see the results I wanted quickly, I'd give up. Now I understand this process is going to take time. I'm not going to expect immediate results. I tell myself that I will see the body I want in a year's time. I have a clear picture in my mind of what that will look like. I could not see that image before, and that explains why I failed so many times. The

mind is a powerful thing. If your personal philosophy is: "If you can imagine it, you can achieve it; if you can dream it, you can become it", then you will love this book!

*****This book is essentially the theory and practice of a healthy, non-diet way of living that will actually lead to greater weight loss than even healthy diets. The main tenet of The Gabriel Method is that the body will not lose weight until it is ready; that is, until you (and it) feel safe. So it's really important to find ways to help your body feel safe, and then weight loss will naturally occur. The author emphasizes visualization as a part of this; he strongly suggests (although it's not absolutely necessary) that you use his own CD for this, which is sold separately from his web site. He emphasizes lots of ways of eating healthfully, but stresses that these need to happen by following the body's needs and listening to your own body, as opposed to forcing anything. He also emphasizes things like forgiveness, and other types of self-care. What I think is unique about this book is that it is a comprehensive approach to the anti-diet mentality. I am already following this, and have found it is the only way I can healthfully and sanely lose weight. However, this book was still of value to me as it added really good tips--like the importance of visualization, and reminders of noticing the life force of food, and much more. I liked the author's style of writing and found it encouraging and motivational. For anyone who diets, please read this. Especially if you are a yo-yo dieter, I think you will appreciate this book. And if diets HAVE NOT worked for you in the past, and you don't know why, this book is an absolute MUST READ. Highly recommended.*****

Mr Gabriel was interviewed on Coast to Coast radio towards the end of February 2009. I bought his book on February 25 and read it. There were some thoughts in the book that really stayed with me and I incorporated them into my daily routine. I decided to give my body the nutrients it needed before eating anything questionable and to do some visualization. I did not use Mr Gabriel's CD but just did it on my own. I did not think I was doing much different than I had been doing before reading the book, however when I weighed myself on March 23 I was very surprised to find I had lost 10 pounds. That's better than I did when I spent over \$300 on a well known food program that provided some really nasty tasting packaged meals and left me constantly hungry. I am rereading the book and plan to download Mr Gabriel's visualization too.

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