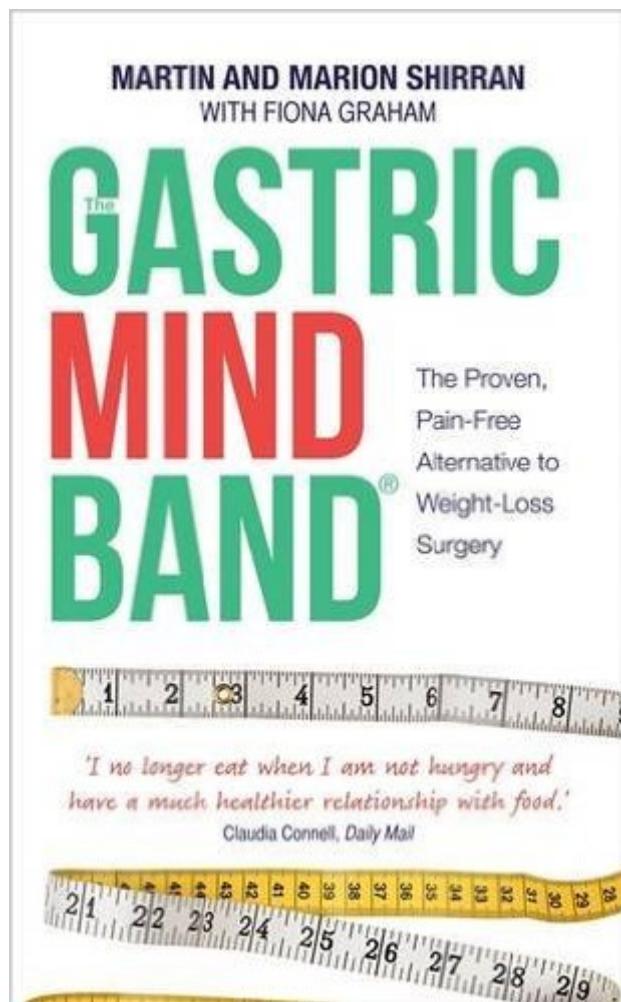


The book was found

The Gastric Mind Band, The Proven, Pain-Free Alternative To Weight-Loss Surgery



Synopsis

What's wrong with hunger? If your weight problem - and the global obesity epidemic - are to be overcome, hunger should be understood and embraced, not feared. This book will give you the relationship with food you always dreamed of.

Book Information

Paperback: 304 pages

Publisher: Hay House UK (December 10, 2012)

Language: English

ISBN-10: 1781800537

ISBN-13: 978-1781800539

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 starsÂ See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #2,263,971 in Books (See Top 100 in Books) #35 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #9813 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #68653 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

I've tried dozens of different diets and even more exercise programs (for over 20 years) and despite being a healthcare professional (physical therapist), who you would think would have all the tools necessary to control their weight . . . but I didn't. My weight ballooned up to 254lbs at 5'11". Awful. I avoided pictures, social situations and felt depressed. Diets would last a couple three weeks and then I would 'fall off the proverbial wagon' and my eating would spiral out of control - time after time! All this despite playing sports and working outs regularly for years. No amount of working out could compete with what I could shovel in my pie-hole and no knowledge I had acquired previously could control my eating. Until this book. This book helped me get my eating under control once and or all. And feel confident I have the tools to keep it up. And NOT feel like I'm on a Diet. I'm NOT dieting and not depriving myself. And not working out all day. It's EASY. Straight Forward. Effective! Sustainable!!!

Martin Shirran, a hypnotherapist, has written a refreshingly different approach to weight loss. Using the "pause" button is an effective way to stop & think things thru when trying to stick with a diet. How

many times do we mindlessly snack or overeat? Getting in touch with your subconscious may be the key to near-effortless weight control.

When I ordered this book it was more out of curiosity than actual weight loss. I could stand to lose a few pounds though. This book offers good, sound advice for losing the weight and keeping it off. It puts you in control and gives you the responsibility of losing weight through good, common sense. His proven ways are right on and precise. No guessing and needing to buy hundreds of dollars worth of pills or food. Happy to say I have lost most of my target weight loss and plan to keep it off through all the ideas and suggestions in this book. It is definitely worth reading and following.

I didn't care for the book. I

Visualization of a gastric band. Like many other things I guess it works if you truly believe it will work.

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