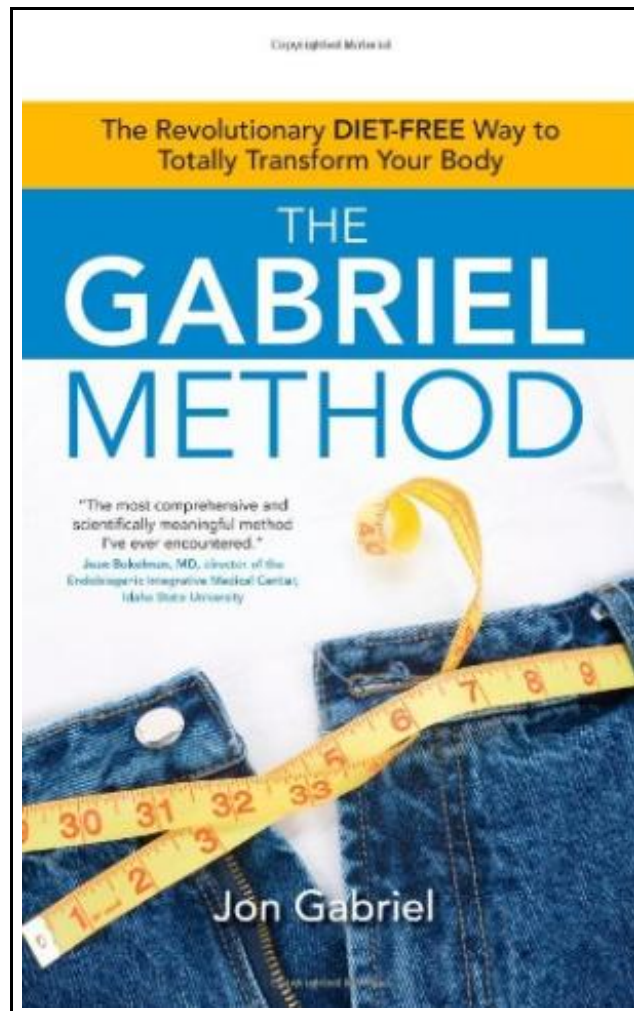


The Gabriel Method: The Revolutionary Diet-Free Way to Totally Transform Your Body



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Reviews

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Beyond Words Publishing. Paperback / softback. Book Condition: new. BRAND NEW, The Gabriel Method: The Revolutionary Diet-Free Way to Totally Transform Your Body, Jon Gabriel, Author Jon Gabriel uses his own remarkable transformation--from 409 pounds to 184 pounds--to show the solution to changing the inner belief systems that keep our bodies from thin. 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...



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