



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

Jon Gabriel

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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 readers 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 readers how to move into the most powerful brain state for enacting change, Jon includes visualizations to help readers:

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 readers 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 in 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.

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Linda Hopf says

Just finished reading E-Squared & E-Cubed both books about the power of the mind and intention and energy so when this came along I thought it would be a good next step. I read the book in one day and the next day started using the visualizations twice a day. I have to say the mediation - taking myself off the hamster wheel for even a few minutes - is making a difference. I am feeling calmer, more optimistic. As for the weight loss - it can't hurt. I eat very healthy and very carefully and I still have a weight issue. Maybe it is my body chemistry working against me. I have gained all my extra weight in the last 12 years - 12 fairly stressful years. I have also tried some crazy diets in the past few years. Time to think about a new approach. Will keep you posted...

gaudeo says

Very inspiring, and thought-provoking. Of course, the proof is in the pudding, so to speak, and time will tell whether Gabriel's method works. Need to lose at least 35 pounds. Wish me luck!

Shannon Binegar-Foster says

Very enlightening

This is the first book I have read by Jon. I found so much of it that resonated with me. I had gotten away from the practice of daily meditation. I have been fighting what feels like a losing battle with my body and releasing my excess weight. I have tried everything under the sun. After only 4 days of doing the visualizations in the book I feel a change. I am exited to see what the continued use of the visualizations brings to my life. Thank you Jon for sharing the way to reprogram my mind and thought process.

Sarah Rehmatullah says

Finally, the answer to releasing weight! Includes depth of information to truly understand

Finally someone has explained to me how one comes to be over-weight and why it is so hard to lose weight. My love of biology went into overdrive whilst reading about leptin resistance. I'm shifting already, as I no longer feel bad about the excess fat, thinking it is my fault, and thus affecting my self-confidence. Gabriel explains how the cerebral brain lacks direct lines of communication with the survival brain, and how this is the issue. He discusses SMART mode, where you are powerful, relaxed and receptive, and when you visualise in the Alpha and Theta state, it is more likely to work, through the faster neural connections that are made. It will reduce stress and rewire your brain to generate feelings of safety and connectedness.

The Ocean of Light meditation for getting into Smart Mode is truly powerful. If you are not familiar with meditation, you may need to focus that little bit more. The same is true if you think more negative than positive thoughts. I woke up the following day feeling refreshed, stronger and happier. I feel my natural healthy resilience is back! I feel much better about my body, and there is a desire to eat healthily now, and avoid unhealthy snacks. It is equally possible to prepare yourself a healthy quick snack, or even purchase a ready made snack that is good for your body.

Using extra weight as a buffer zone of protection is discussed in such depth, I felt my armour shield of protection finally relax, loosen and release. Finally I could understand the underlying reason for the weight gain from every angle, so much that I felt mental relief, as though my subconscious was agreeing and onboard with me to change.

Gabriela says

Great writing and even if it won't get you to lose weight, it will surely provide at least a couple of tools to help you sleep better and relax more.

J Sha says

Training strong will, imagination, and distraction - interesting concept for weight loss but not very convincing

Andy Nieradko says

I first heard of Jon Gabriel a few years ago when he was being interviewed on Coast to Coast AM. He really impressed me with his straightforward approach. He has a gift for making a complicated subject easily understood. And weight loss has definitely become a complicated subject nowadays. This is a book for someone who is serious about getting results. The idea of visualizing turns off some people, however, Jon Gabriel explains the science behind his techniques and why they work. As a trainer, I've tried many times to convince certain clients that their negative emotions and their stress levels are what's holding them back from reaching their weight loss goals. This book goes into great detail about the interconnection stress and emotions have on our hormones and how our metabolism runs in certain programs. Jon isn't preaching a "woo-woo" "think yourself thin" approach. He covers all aspects of weight loss in this book. This is a great book that I'd highly recommend to anyone concerned about their weight. I received a free review copy from Hay House, I wasn't paid for my opinion, and this is my honest assessment of this book.

Martina says

Disclaimer: I received a free copy of this book in exchange for an honest review.

This book is a complete Visualization Bible. Jon covers a lot of ground in this wonderful book, which offers

a holistic mind –body approach to weight loss but it can also be applied to other areas of your life that you are currently not happy with. He explains in detail what role our brain and hormones play and how to utilize the power of our mind to create transformations in our bodies and life. Jon also includes relevant references to his own weight loss success as well as medical research that supports his conclusions. It is important to know that “Your beliefs alter the expression of your DNA”, no more diets and no more excuses. You are the master of your life and visualization can be a fantastic tool to make all your dreams possible.

Katie says

I have seen this Jon Gabriel as a speaker in many health documentaries, and I happened upon this book on an excursion to a thrift store. I was very happy to stumble upon it! It was easy to read and understand, and he provides you with links to guided visualizations. Even if you aren't wanting to lose weight, visualizations can facilitate positive vibes in other aspects of your life as well!

I've been incorporating this into my routine for the past few days, and I don't know if it is just the placebo affect or what, but I am already feeling an increase positive energy/confidence in my day.

Fantastic book!

Olivia says

I don't need to buy another book on dieting ever again after reading this! If you struggel with weight, please buy this book, you won't regret it.

Janet Obrien says

I listened to this as an audible book and Jon was very easy to listen to, I found the subject very interesting and have also been using the 21 day mediation programme at the same time and I am feeling calmer and while I am watching what I eat currently I am feeling much better about myself. If you have trouble losing weight and like me as a "yo-yo" dieter, this is definitely a different way at looking at weight loss.

melanie suares says

Five stars for a book that will help to get you reacquaint yourself with your better version of yourself

An engaging book for all. Not just focused on weight loss to say, more about learning how to transform one self from the inside out.

Analouise Keating says

Great approach to weight loss. Jon Gabriel's use of visualization and meditation makes a lot of sense.

R.I. says

Good information, inspiring and encouraging. Most of what's in here is in Jon's first book, but if you're not familiar with Jon or his work this would be a great place to start.

*FTC Disclosure: I received this book free from the publisher in exchange for my review and the opinions in this review are my own.

Alison says

I've read some of his weight loss books before. This adds a new element to his 'fight' regime. An interesting look at using meditation and visualisation to gain control over one's body and impulses. The concepts might be a little hard for some people to believe and try, but I always say, no harm in wishing for something. An interesting book on the psychology of weight loss.
