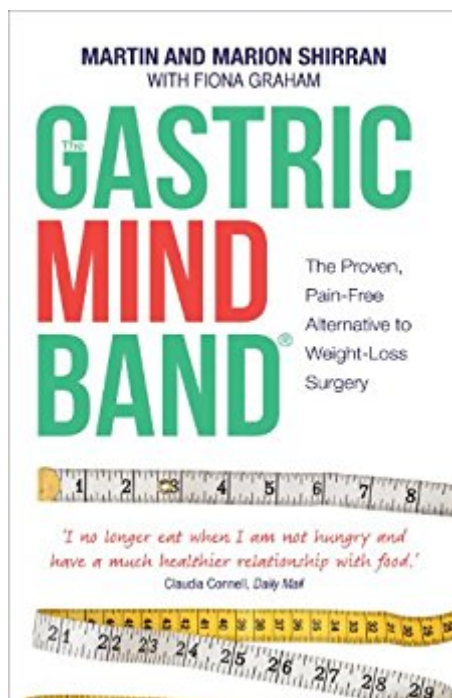


The book was found

The Gastric Mind Band®



Synopsis

Gastric mind Band therapy provides the answer to understanding and overturning your weight loss woes. No guilt, rules, or rigid calorie counting, and nothing banned. Just re-establishing a normal relationship with something you've got to face every day. Now you can read about the GmB phenomenon for yourself. Experience some of the many benefits without leaving home. The Shirrans are a breath of fresh air... they ask: 'why shouldn't you be hungry? 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. Learn: how to use the GmB mental Pause Button to freeze time and save you from yourself about the dieting 'conspiracy' that's been keeping you feeling helpless and stuck how to have the level of motivation and control around food that you've been longing for how to harness the power of the subconscious mind.

Book Information

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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 for 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!!!

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.

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.

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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Sleeve Surgery Recuperation (Gastric Sleeve Diet, Gastric Sleeve Recipes Book 1) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Gastric Bypass Recipes: 80+ Simple Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet Book 1) Gastric Bypass Diet : Step By Step Guide to Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Recipes) The Gastric Mind Band™ Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1) Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable (Gastric Sleeve Diet, Gastric Sleeve Cookbook Book 3) Gastric Sleeve Diet: Step By Step Guide For Planning What to Do and Eat Before and After Your Surgery (Gastric Sleeve Cookbook, Gastric Sleeve Recipes Book 2) Gastric Bypass Cookbook with Photos and Complete Nutrition Information: Weight Loss Surgery Recipes and Meal Plan For Gastric Bypass, Gastric Sleeve, Lap Band, and Other Bariatric Surgery Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3) The Purple Land: Being the narrative of one Richard Lamb's adventure in the Banda Oriental in South America, as told by himself (The works of W. H. Hudson : Uniform edition) Banda: Mexican Musical Life Across Borders (Music/Culture) Political Prisoner 3/75 of Dr.H.Kamuzu Banda of Malawi Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)

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