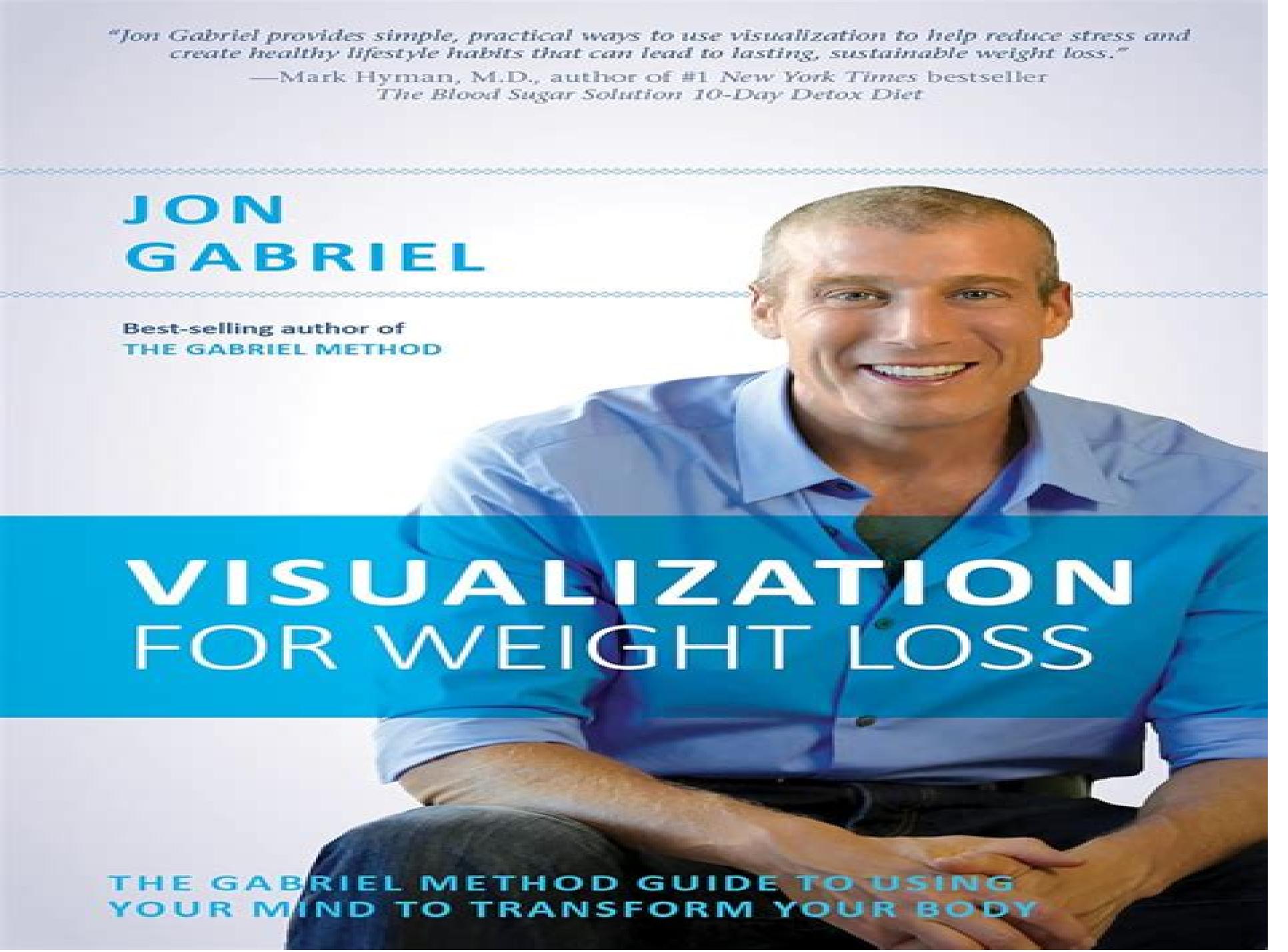


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emotional hurdles without the torture of dieting leading to a miraculous 225 pound weight loss that defied all odds His skin once stretched over his obese frame now fits his healthy body perfectly proving that transformation is possible and it can be permanent The Gabriel Method is more than a book it s a lifeline for anyone who feels trapped by their weight It shows us that weight loss isn t about the food on your plate it s about the thoughts in your head Now you can join Jon on this life affirming journey to reclaim your body and your life

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Gabriel Method Jon Gabriel,2009-11-13 Jon Gabriel lost over 100 kilos without dieting or surgery and amazingly his body shows almost no sign of ever having been morbidly obese His totally unique and groundbreaking approach to losing weight is backed by solid cutting edge obesity research from over four years of full time investigation of the roles of biochemistry neurobiology quantum physics and human consciousness in weight loss The result is a method that defies common sense wisdom and yet achieves dramatic lasting benefits Celebrity obesity survivors like Muhammad Ali s daughter Khaliah and Robin Moran star of The Discovery Channel s show Super Obese are strong advocates of Jon s Weightloss approach which has also been featured on A Current Affairand Today Tonightin Australia as well as on numerous radio shows and newspaper articles internationally In addition to telling Jon s own story of his amazing transformation the book reveals why diets don t work and explains a truly unique and revolutionary diet free way to lose weight It s based on the fact 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 weightloss 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

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