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

By Jon Gabriel



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

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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### **Editorial Review**

#### Review

“Jon Gabriel’s very being resonates with truth and power. What he has done is available to all of us. I wholeheartedly endorse his latest book on visualization for weight loss.”

—Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause*

“Jon Gabriel provides simple, practical ways to use visualization to help reduce stress and create healthy lifestyle habits that can lead to lasting, sustainable weight loss.”

—Mark Hyman, M.D., author of #1 New York Times bestseller *The Blood Sugar Solution 10-Day Detox Diet*

“Fast, lasting weight loss goes beyond what you eat or how you exercise. In his new book, Jon Gabriel provides simple, easy-to-implement strategies to reduce stress and remove other barriers that create weight loss resistance. If you’re doing everything correctly yet still can’t lose weight, visualization could provide the crucial missing piece of the puzzle. Highly recommended!”

—JJ Virgin, CNS, CHFS, celebrity nutrition and fitness expert and New York Times best-selling author

“When it comes to weight loss, the mind is as important as the body. I always say, it’s not just about what you’re eating—it’s also about what’s eating you. In this book, Jon Gabriel teaches simple, practical ways to use your mind to totally transform your body.”

—Kris Carr, New York Times best-selling author of *Crazy Sexy Kitchen*

“Jon Gabriel’s healing and deep recovery truly come through in these pages. He shows you how to use your mind to help you lose weight and repair your body at a cellular level. The hormonal benefits of visualization are well documented, and I recommend them highly.”

—Sara Gottfried M.D., New York Times best-selling author of *The Hormone Cure*

“Visualization for Weight Loss is a game changer. If using your mind to lose weight seems too simple to be true, then you haven’t yet experienced the power of your brain’s neural pathways on your body’s biochemistry. The Gabriel Method is easy, very do-able and it works!”

—Donna Gates, founder of Body Ecology and author of *The Body Ecology Diet* and *Body Ecology’s Guide to Growing Younger*

“If you’re heartbroken from failed weight-loss attempts and tired of feeling at war with your body, it’s time for this book. Filled with eye-opening research, powerful tools, and practical tips, it will guide you to harness the power of your mind and body to achieve the weight loss (and life) you want!”

—Jessica Ortner, New York Times best-selling author of *The Tapping Solution for Weight Loss and Body Confidence*

“Weight loss is about so much more than calorie math. There are myriad biochemical, mental, and emotional factors that go into the equation. This book provides innovative tools to help you understand and address many of these non-caloric considerations in order to transcend calorie math and enjoy practical and permanent weight loss.”

—Jonathan Bailor, CEO SANESolution.com, New York Times best-selling author of *The Calorie Myth*

“I love John Gabriel’s visualizations. They’ve become an integral part of my morning routine. I now start my day with the framework only he can provide that includes gratitude, focus, and clarifying my daily intentions all—guided by his loving voice.”

—Khaliah Ali, daughter of boxing legend Muhammad Ali, best-selling author, designer, and spokesperson

“Jon Gabriel is one of the most important voices in the nutrition and weight-loss universe. Get ready for a diet book that’s unlike any other. He’s written a unique, informative, and easy-to-read guide for working with weight. You’re going to come away with a ton of great strategies and insights, all wrapped in a truly holistic approach. Highly recommended.”

—Marc David, best-selling author and founder of the Institute for the Psychology of Eating

“In my functional medicine and anti-aging medical practice, weight loss is one of the most challenging issues I address with my patients. In 30 years I had never met anyone who has successfully lost over 200 pounds and kept it off permanently until I met Jon Gabriel. When Jon talks about weight loss, I wholeheartedly believe him. He is living, breathing proof of what works.”

—Howard Liebowitz, M.D., FACEP, director of Liebowitz Longevity Medicine

“This book is created out of Jon’s relentless search for remarkable transformation. You will feel he is talking directly to you with the insight and compassion that can only come when someone has walked the path. This is the go-to book for understanding how to harness your personal power to find your perfect natural weight without harsh dieting.”

—Julie Daniluk, R.H.N., TV host, nutritionist, and best-selling author of *Slimming Meals That Heal*

“The most powerful healers are those who have healed themselves. Jon Gabriel has written the best book on weight loss, period. His work deals with the problem rather than the symptom and invites you to resolve the causes and conditions that contributed to obesity. He’s not selling magic potions, quick fixes, or questionable promises. He offers an opportunity to find the wellspring of power in yourself.”

—Frank Ferrente, star of the documentary *May I Be Frank*, featured in *Hungry For Change*, international speaker, and author of *May I Be Frank*

“With *Visualization for Weight Loss* Jon taps into a secret weapon that we all have: the power of the mind. We have personally experienced the amazing power of visualization and highly recommend this book to everyone.”

—Jayson and Mira Calton, authors of *Rich Food, Poor Food and Naked Calories*, and creators of *Nutreince: The Multivitamin Reinvented*

“Jon’s ability to connect the visible and invisible through the process of visualization is profound. His approach to body transformation and optimal health is truly unique and acknowledges one of the most powerful connections known to man, that of the mind and the body. This book is your ultimate guide to visualizing and creating the body and health of your dreams!”

—James Colquhoun, filmmaker of *Food Matters* and *Hungry for Change*, best-selling author of *Hungry for Change*, and founder of FMTV

“Jon Gabriel is one of the most conscious authentic leaders of our time. His visualizations heal the root cause of weight gain. If you’ve tried everything else and nothing worked, I highly suggest you read this book.”

—Brittany Watkins, founder of *The Watkins Method of Tapping for Weight Loss*

“In a world where counting calories and strict diets have a huge failure rate, we need a new shift in our thinking, and Jon has written a much needed book. This fantastic book is a paradigm shift in weight loss and body health.”

—Donna Schwenk, author and founder of Cultured Food Life

“Beyond making conscious choices, losing weight permanently requires change on deeper levels that can be accomplished through the power of visualization. In this book you’ll learn how to feel profoundly safe and relaxed so that extra weight can easily melt away. Jon shows you how to awaken your intuition so that making healthy choices become second nature, and slimming down becomes a piece of cake.”

—Jena la Flamme, author of Pleasurable Weight Loss

“Not only is Jon Gabriel genuine in his mission to help others, but through Jon’s own weight-loss experience and the skills he acquired in the process, people respond to his method. If you only read one book on how to focus your mind for long-term weight loss, make this it”

—Jason Vale (aka Juice Master), best-selling author, motivational speaker, and lifestyle coach

“Jon communicates high-level spiritual and scientific information in a way that is not only accessible but enjoyable to read. This book gives you solid tools to turn on the mission control center in your mind so you can create a body and a life you adore.”

—Emily Fletcher, founder of Ziva Meditation Center

#### About the Author

In 2001 Jon Gabriel weighed 409 pounds. He’d tried almost every popular diet available without success. Overweight, overworked, and unhappy, Jon was ready to give up. Then on September 11, 2001, Jon received a wake-up call. He was scheduled to fly from Newark to San Francisco that day, and it was only by chance that he was not on United Airlines Flight 93, which crashed in Pennsylvania. This made Jon realize that life was a precious opportunity not to be wasted. He also realized that his weight would eventually kill him, so he decided to do something about it. Over the next two and a half years, Jon lost more than 200 pounds *without* dieting, pills, or surgery. He also stopped feeling stressed and overworked and started living the life of his dreams. His book *The Gabriel Method* is an international bestseller with over 350,000 readers worldwide. Learn more at [www.TheGabrielMethod.com](http://www.TheGabrielMethod.com).

## Users Review

### From reader reviews:

#### Linda Haag:

Here thing why this Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body are different and reputable to be yours. First of all reading through a book is good nonetheless it depends in the content of computer which is the content is as yummy as food or not. Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body giving you information deeper and different ways, you can find any publication out there but there is no reserve that similar with Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body. It gives you thrill studying journey, its open up your personal eyes about the thing that will happened in the world which is probably can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your method home by train. For anyone who is having difficulties in bringing the printed book maybe the form of Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body in e-book can be your choice.

**Anna Raynor:**

Do you among people who can't read enjoyable if the sentence chained from the straightway, hold on guys this kind of aren't like that. This Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body book is readable by simply you who hate those perfect word style. You will find the information here are arrange for enjoyable reading experience without leaving perhaps decrease the knowledge that want to deliver to you. The writer regarding Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body content conveys thinking easily to understand by many people. The printed and e-book are not different in the articles but it just different such as it. So , do you nevertheless thinking Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body is not loveable to be your top collection reading book?

**Elizabeth Fischer:**

Do you have something that you want such as book? The book lovers usually prefer to select book like comic, brief story and the biggest one is novel. Now, why not seeking Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body that give your satisfaction preference will be satisfied by simply reading this book. Reading routine all over the world can be said as the method for people to know world much better then how they react in the direction of the world. It can't be claimed constantly that reading routine only for the geeky particular person but for all of you who wants to end up being success person. So , for all you who want to start examining as your good habit, you may pick Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body become your personal starter.

**Curtis Hernandez:**

The book untitled Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body contain a lot of information on this. The writer explains the girl idea with easy method. The language is very straightforward all the people, so do definitely not worry, you can easy to read the idea. The book was compiled by famous author. The author brings you in the new age of literary works. You can easily read this book because you can please read on your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site in addition to order it. Have a nice examine.

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