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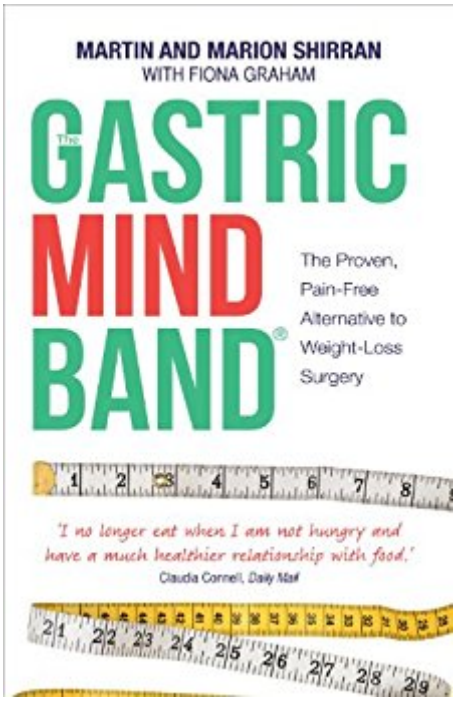
The Gastric Mind BandÂ®



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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 yourselfabout the dieting 'conspiracy' that's been keeping you feeling helpless and stuckhow to have the level of motivation and control around food that you've been longing forhow 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 or 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!!!

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.

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.

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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