

The Revolutionary DIET-FREE Way to  
Totally Transform Your Body

# THE GABRIEL METHOD

"The most comprehensive and  
scientifically meaningful method  
I've ever encountered."

Joan Bubelunas, MD, director of the  
Endocrinologic Integrative Medical Center,  
Idaho State University



Jon Gabriel

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## The Gabriel Method: The Revolutionary DIET-FREE Way to Totally Transform Your Body



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Writer Jon Gabriel uses his own remarkable transformation—from 409 pounds to 184 pounds—You simply crave less meals, you crave healthier foods, your metabolism speeds up and you also become very efficient at burning fat, just like a naturally thin person. Stop the cycle of crash dieting and start eating what you would like, when you wish it. From the well-known programs that deprive and restrict to types that depend on juice alone, it seems that everybody has an response to the growing issue of obesity. When Jon Gabriel's lifestyle took an urgent turn, he all of a sudden was awakened to the marvelous gift that he had been given -- the chance to live -- and was disgusted at how he had treated his body. At over 500 pounds, walking, sleeping, and working was a struggle against gravity, and his lifestyle was a constant battle between psychological and physical satiation. He was slowly killing himself with food. Like the estimated 58 percent of People in america, and rising numbers in other countries, Jon was trapped in what he came to call the FAT - Famine and Temperature - trap. By studying biochemistry, Gabriel discovered that your body has an inner logic that determines how excess fat or thin you will be at any moment. And that's the real transformation -- to transform yourself right into a naturally thin person, to be able to eat whatever you wish whenever you want but still be thin, fit, and vibrantly healthy. Whenever your body wants to end up being thinner, weight loss is inevitable and becomes automatic and effortless. showing the perfect solution is to changing the inner belief systems that keep our bodies from thin. The best way to lose excess weight is not to struggle or to force you to ultimately lose excess weight but to comprehend this inner logic and use it so that your body wants to be thinner. -The basic way it is possible to train your brain and body to utilize your goal of wellness, not against it. -Fats is a cushion--a protective barrier that our mind believes is helping to protect us. -How to choose healthy, nutritious foods that nourish the cells within your body, not really starve them. The pile of recent dieting books is growing faster than the average American's waistline. -If you can change that belief, you can change the body; -Delicious shakes and smoothies, and super-power supplements, that may jump start your achievement. After reading The Gabriel Technique, you will learn: -Your body has a cause why it's securing to weight--and it isn't your fault. he lost 225 pounds in two-and-a-half years, going from 409 pounds to 184, without suffering, dieting, or anguishing over his body. It certainly proved helpful for Jon; -Eliminate the psychological and mental reasons your body holds to weight in simply 10 minutes a day time. Unlike a lot of people who lose a thorough amount of pounds, his epidermis tightened up and now is usually indistinguishable from that of a person who has been healthy his whole life.



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The real thing, I see actual proof. For me, this is working and I'll describe why – keep in mind it isn't a "get skinny quick" approach. To me that is clearly a MASSIVE benefit, just as large as the weight reduction itself. After years and years of dealing with my pounds it slowly became apparent to me that it's not ALL about my calorie intake and exercise practices; weight loss is equally as much about self-like, mindset, healing old wounds and behaviors: changing your 'programming.' I realized this a couple of years ago, but I had no chance to logically treat it and simply felt stuck - stuck in a design of numbing myself with substances and meals, convincing myself that is just the kind of lifestyle I am likely to lead and finally I surrendered myself to it. The nights I listen to the visualization my brain clears and I fall asleep without also hearing the whole lot. I bought this book back in January and read it, digested it, sat with it – the theory makes PERFECT sense. This makes so much sense if you ask me! (I talk about this because I go through some reviews where people were saying they "couldn't get on plank" with this method because it will go against their religious beliefs – he talks about past lives extremely briefly but there's nothing preachy about it – but I say people simply find nitpicky ways to avoid this trip, you truly have to DECIDE that you're ready. I understand because I was there.) In a nutshell, John explains that our bodies are biologically programmed to react to threats the same manner we did back caveman days: Being chased by way of a predator? He doesn't leave out the physical, though. Long cold wintertime coming? Gotta pack on those pounds and stay warm. I definitely feel transformation happening, and I feel like I'm in a better mindset in general. This theory resonated with me because I've constantly experienced a suspicion my unwanted fat was my own type of protection. Finally, Jon Gabriel's personal tale and transformation is nothing lacking amazing. I am more intuitive now and do not need the constant communication, but it was helpful for the first few years. I am a clinician and recommend this to numerous clients! I also appear to have an easier time making decisions and doing the right things for MY body, not just carrying out a one-size-fits-all diet plan. Up to now she likes it! Thank you! Those never work over time. I have not weighed myself because if you ask me, the scale takes away from what weight loss is actually about – feeling great. But I will say I had a doctor's visit earlier this Monday and I was a few pounds lighter compared to the last time I weighed myself. I actually had a pal tell me he thought I looked thinner. Remember that you have to do A few of the work in order to lose pounds – and by that After all you need to make time to do the visualizations. These "programs" inside our mind react to our contemporary stresses, and for reasons unknown our bodies are thinking that fat equals safe. So to me that is a win. My mother has also been doing these meditations, she found visit me (she lives far away) and I informed her she looked thinner, she also attributes this to the Gabriel Technique. I would recommend this book – and please download the app with the meditations, it makes it so much easier. And emotionally I feel lighter too. I kept off for such a long time because I had been too lazy to set aside the time to do the meditations, but after having done them for some weeks now I can't believe I ever saw them as inconvenient. When I started listening it really started directing me, and it was/is therefore wise. I'm on the right path to a thinner body now. I really do the morning hours meditations maybe 4 out of 7 days of the week, I can't usually get my act together in the morning but I make an effort to do it normally as I can. Jon helped me observe that in every things my own body chooses what it thinks is best since it loves me in a way I cannot fathom and certainly did not appreciate. Good luck! There is so much information regarding the mental side of weight that I didn't know was out there. So here I am, 4 years in to the Gabriel Method and just as passionate as I was soon after I finished the reserve. I am also within the same 4 pound selection of my goal excess weight that I've now maintained for three of these years. This after a decade of 20 pound yoyo

dieting. I've recommended the publication to, well, anyone who mentions the term diet before me, and most of those who have read it have already been impressed.! It can help heal the mental relationship with food and pounds and from there it is possible to heal the physical. I didn't pay attention to the CD as well as visual much, but I did immediately start to like and appreciate my own body after having a few aha moments while reading. Anyhoo, I am hoping that helped. So I started an almost constant internal dialogue examining in with my body. The evening meditation that can be done while laying in bed at night and I often doze off to rest which has \*not\* proven to be a bad thing.) – I think I held away for so long because I “wasn’t prepared,” but after falling unwell and becoming bed ridden I didn’t have an excuse not to check it out. I came here to purchase the publication for a friend that I believe would benefit. I would highly recommend this! A kind way to loss weight I really like this book. It approaches weight reduction from a mental and emotional perspective rather than just a physical one. No matter your religion, ethics, or background this theory makes sense for everyone. Jon Gabriel proposes that in order to lose weight you need to create a safe mental and emotional environment where to take action. You better be thin so you can run fast. He includes good nutritional tips, aswell, emphasizing vegetables and very foods, like Chia, flax, chlorella, omega 3 wealthy foods, etc. He simply proposes that LASTING weight loss won't happen through a punishing forceful technique like dieting and calorie restriction, but with a kinder, safer, even more understanding non diet approach. I have read this publication twice and I listen to the evening visualization pretty regularly. Enter Gabriel Method. It's that relaxing! That is saying a whole lot since I'm among those people that might have a hard time shutting down for sleep. I experienced uplifted, I felt even more positive, I started feeling more in control over my decisions to say “no” to a huge selection of calorie consumption of snacking during my work day. Some days I'm hungrier therefore i eat more. Some times I'm not very hungry so I don't eat as much. I think there is something to focusing on healing an psychological and/or mental issue which may be keeping you overweight rather than just the physical. I'll say as I concentrate on more healthy foods my cravings are changing and I tend to want more nutritious foods since I feel so much better after consuming them. Some days I crave sweets all day so I indulge plus some days I only want "clean" foods. Carrying additional weight is simply an indicator and I discover this process as treating the problem not managing the indicator. Here we are, in May, 3 weeks hence I finally started doing the meditations daily simply because you’re likely to – morning and evening (right now there’s an app to listen to the meditations guided, get it! I now have to purchase this book since there is so much of it that I am going back to time and time again. I've already lost several pounds and I look thinner. Understand yourself Extremely informative. Dove tails with various other books I’ve read on this subject. Overall good back Bought this publication for my mom. I also felt much less compelled to drink, binge eat, etc etc. Five Stars Great!! Even those that still elect to follow a far more traditional "diet" program benefit. I received a free PDF file of the book from the writer, but bought the actual Kindle book to create it more user-friendly because there is plenty of excellent points I will use for future reference. I have an endless supply of diet books which sit on the shelf collecting dirt. Most have never been read to completion nor possess they ever been followed for lots of days. This book is completely different. I spent the first half of my life trying to keep weight on and the next half trying to take off weight without any success. With only a few chapters into this reserve, I had a obvious cut epiphany in regards to what triggered my weight gain in the first place and why all my efforts to lose the excess weight ended in failure. I am signed up for Mr. Gabriel's 21 Day Meditation program in conjunction with this publication and I already see positive subtle adjustments occurring each

day as it pertains to my mental outlook, foods I crave, just how much I consume etc. He definitely leads by example! Usually by this point I'm ready to dump the plan and run, but I'm keeping this one. Five Stars AAA I thought I would be smart and take a look at the library I've this on my Amazon list. I thought I would be smart and check it out at the library. That is hands down the very best weight loss publication I've read, and I've read a lot of them. The tone of his publication is quite motivational and understanding and appears to reflect the outcomes of his approach. Life Changing I never find it very useful to read reviews from individuals who browse a "self-help" book and then review right away. So, I would recommend purchasing this publication instead of looking at it out at a library! My life has been changed and I want to share the love. This is an excellent book with helpful methods! After a week of the meditations I sensed..... good. It really is Revolutionary! Truly eye opening! I realize right now the stresses I endured 5 years back were the tipping stage for my current weight problems. Actually I am in fact grateful because I've a hard time falling asleep so these have already been tremendously useful. And I have felt these feelings get stronger each day as I continue.



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