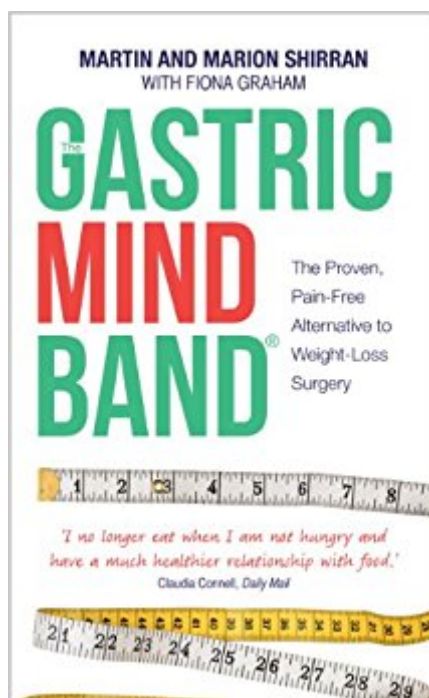


The book was found

# The Gastric Mind Band, The Proven, Pain-Free Alternative To Weight-Loss Surgery



## Synopsis

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.

## Book Information

Paperback: 304 pages

Publisher: Hay House UK (December 10, 2012)

Language: English

ISBN-10: 1781800537

ISBN-13: 978-1781800539

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,709,754 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #7698 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #54112 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

## Customer Reviews

Ever let your temper get the better of you - shouted in haste and repented at leisure? If only we could press rewind on all those regrettably rash outbursts. Hypnotherapists Martin and Marion Shirran have a simple but clever solution. Psychologies magazine

Martin and Marion Shirran are both trained hypnotherapists and own and run the Elite Clinics in Spain, where they use a combination of therapies to successfully treat a wide range of problems. Their belief in their Gastric mind Band therapy is absolute and absolutely passionate. Fiona Graham is a former London journalist working as a freelance writer from her home in Spain.

[www.gmband.com](http://www.gmband.com)

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.

[Download to continue reading...](#)

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) The Gastric Mind Band, The Proven, Pain-Free Alternative to Weight-Loss Surgery 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 Bypass Cookbook: 100+ Quick and Easy Recipes for stage 1 and 2 After Gastric Bypass Surgery (Gastric Bypass Diet, Gastric Bypass Recipes) Gastric Bypass Recipes: 80+ Simple Recipes for the First Stage After Gastric Bypass Surgery (Gastric Bypass Cookbook, Gastric Bypass Diet) Gastric

Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric 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 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) 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 Cookbook:  
Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve  
Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) 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) Weight Loss: Lose Weight and Body  
Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies,  
Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The BIG Book on the Lap-Band:  
Everything You Need To Know To Lose Weight and Live Well with the Adjustable Gastric Band (The  
BIG Books on Weight Loss Surgery 1) The BIG Book on the Lap-Band: Everything You Need To  
Know To Lose Weight and Live Well with the Adjustable Gastric Band (The BIG books on Weight  
Loss Surgery) (Volume 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) Hypnotic Gastric Band: The New Surgery-Free Weight-Loss System  
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid  
Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)