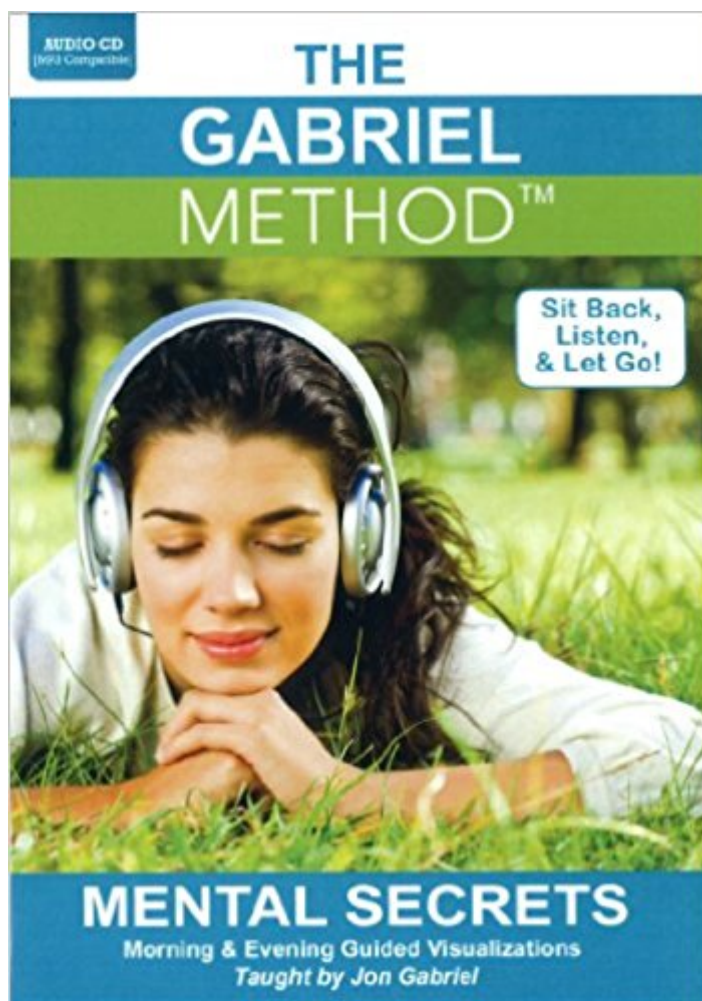


The book was found

# The Gabriel Method: Mental Secrets (Morning & Evening Guided Visualizations)



## Synopsis

Visualization is one of the most powerful tools you have for tapping into your subconscious mind and creating change from the inside out. Whether you're new to visualization practices or have practiced for years, you'll find these programs extremely helpful for both physical and mental transformation. **A.M. Visualization (CD 1)** The morning visualization helps your your body embrace the day: energized, strong, firm, and toned. When you begin each morning with positive feelings of empowerment and affirmation, the effects on your life are profound. You'll discover your body and mind working synergistically to help you lose weight. **P.M. Visualization (CD 2)** Nighttime is a period of rest and rejuvenation - and it's also a time of great transformation. Many people get into bed still stressed and anxious from their busy lives. Using this evening visualization program with it's unique SMART Music, you'll quickly slip into SMART Mode (Super Mental Awareness Re-Education Training Mode) and become more open and receptive to change.

## Book Information

Audio CD

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Language: English

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Package Dimensions: 7.4 x 5.3 x 0.6 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 27 customer reviews

Best Sellers Rank: #355,368 in Books (See Top 100 in Books) #144 in [Books > Books on CD > Health, Mind & Body > General](#) #5310 in [Books > Health, Fitness & Dieting > Diets & Weight Loss](#)

## Customer Reviews

Jon Gabriel is the bestselling author of The Gabriel Method, The Gabriel Method Recipe Book, and Visualization for Weight Loss. He's a highly-sought after speaker and weight loss expert who himself lost over 220 pounds and has kept it off since 2004 without restrictive dieting or extreme exercise. With his books found in sixty countries, translated into sixteen languages, Jon has dedicated his life to helping others succeed with their weight loss goals using a practical, holistic, mind-body approach that achieves lasting, sustainable results.

It's working. I have tried everything to lose weight and nothing would work. I am finally losing weight because of these meditations and visualizations. If you can do it religiously it can work for you too. I had a hard time at first trying not to let my mind from wondering, but it gets easier the more you do it.

These are great but the evening one is free on the website so paying this price for one meditation is a bit high.

I am happy using this CD for creative visualization to facilitate weight loss. I feel it is helping me. Each of the 2 cds are split into 2 tracks- one for the morning visualization and one for the evening visualization with the introduction on each cd being very similar, Track 2 on each cd is what you will want to listen to daily. The evening visualization is designed to be used just before sleeping and it may lull you into sleep as you listen. The morning visualization is different and is designed for use sitting or standing as you are ready to begin your day. The negative- there are only 2 exercises, 1 for morning and 1 for evening. For the money I feel there could have been more. The Gabriel Method books do offer much more. The website may offer more and for free but my older computer may not be able to download.

His voice is pleasing and I relax quickly, my favorite is the evening meditation, I would recommend this to anyone trying to loose weight o eat healthier

This is only geared towards people trying to lose weight. I thought it would at least have some content for people trying to adopt a healthy lifestyle.

Arrived exactly as stated and in perfect condition.

I had already heard this evening visualization from an offer on Gabriel site, but I love having it on CD, so I can simply pop it in the DVD player in my bedroom and listen anytime.

The morning and evening meditations are to help you visualize what could be possible in a new slimmer you. The evening meditation is to played even after you have fallen asleep. It works on your unconscious mind. I wasn't always thinking of food after I started using these meditations, which is such a bonus. After a short time, you will see changes in yourself and then others start to notice.

Great addition to Jon's book, The Gabriel Method!

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The Gabriel Method: Mental Secrets (Morning & Evening Guided Visualizations) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Gabriel's Redemption (Gabriel's Inferno Trilogy Book 3) Morning and Evening Morning & Evening Meditations A User's Guide to the Book of Common Prayer: Morning and Evening Prayer Meditations for Morning and Evening (Prescriptions for Living) Jesus Calling Morning and Evening Devotional A User's Guide to Morning and Evening Prayer (User's Guide to the Book of Common Prayer) Common Worship: Morning and Evening Prayer from the Book of Common Prayer (Common Worship: Services and Prayers for the Church of England) Morning and Evening: A New Edition of the Classic Devotional Based on The Holy Bible, English Standard Version Chakra Clearing: A Morning and Evening Meditation to Awaken Your Spiritual Power Shorter Christian Prayer: The Four-Week Psalter of the Liturgy of the Hours Containing Morning Prayer and Evening Prayer Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire As a Man Thinketh, From Poverty to Power, Foundation Stones to Happiness and Success, Morning and Evening Thoughts Design for Information: An Introduction to the Histories, Theories, and Best Practices Behind Effective Information Visualizations Good Charts: The HBR Guide to Making Smarter, More Persuasive Data Visualizations Data Visualizations and Infographics (Library Technology Essentials) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition)

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