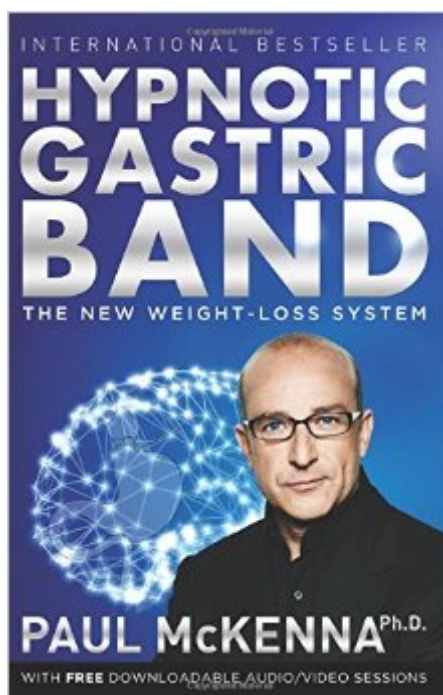


The book was found

Hypnotic Gastric Band: The New Surgery-Free Weight-Loss System



Synopsis

The New Surgery-Free Weight-Loss System Do you want to lose weight? Have you tried diets and failed? Do you want a completely new approach? Then let Paul McKenna help you! A gastric band is a radical surgical operation that reduces the available space in the stomach. Dr. McKenna's Hypnotic Gastric Band is a psychological procedure that can help to convince the unconscious mind that a gastric band has been fitted, so the body behaves exactly as if one were physically present. Why does it work so well? Along with the book, the system contains audio and video sessions to provide complete support for physical and psychological change while you lose weight. There's no physical surgery, no scarring, and no forbidden foods. Just follow all the instructions and let Paul help you lose weight. An amazing new approach that promises weight loss for good! " Dr. Ronald Ruden, M.D., Ph.D. " Dr. McKenna's system offers people a safer, non-invasive method of significant weight loss. " Professor Michael Carmi, M.D., Ch.B.

Book Information

Paperback: 144 pages

Publisher: Hay House, Inc.; Pap/Psc edition (January 5, 2016)

Language: English

ISBN-10: 1401949177

ISBN-13: 978-1401949174

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars See all reviews (119 customer reviews)

Best Sellers Rank: #955,009 in Books (See Top 100 in Books) #100 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #596 in Books > Self-Help > Hypnosis #5025 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

I don't have a ton of weight to lose, 30 lbs., so I would never qualify for a *real* gastric band, nor would I want one. I'm too chicken for any surgery, so I decided to try this as no matter what I eat I never seem to feel full or satisfied. This 30 lbs. I've been trying to lose the past 10 years with no real success, other than a couple pounds lost, then regained, like yo-yo dieting. I was eager to start so I popped the CD into my computer when I heard a stern warning to stop the CD and read the book first. It's a quick read as the type is large and the lines are almost double-spaced. Don't jeopardize this not working for you by skipping the book, it's important. For 1-2 weeks before you start the

hypnosis sessions, you're supposed to walk 20 minutes a day and eat less high fat/high sugar foods, just as if you were preparing for a *real* gastric band. I thought a British accent would distract me enough to not become hypnotized, Paul McKenna's voice is soothing and his accent did not keep me from going into a trance. CD: Has 2 tracks. Track 1: Pre-operative instructions 13 minutes long. (Which tells you to stop the CD and read the book first!) Track 2: Gastric band installation trance. 28 minutes long. DVD: Havening Technique. Under 5 minutes long - a chest-tapping/eye movement procedure to use if you have uncomfortable feelings? This technique is supposed to help raise your serotonin levels since food will no longer be doing that for you. I've been doing this in private (kind of odd) - maybe it takes awhile to see any result other than just feeling dumb when doing it - this may be too New Age for me.

[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) Hypnotic Gastric Band: The New Surgery-Free Weight-Loss System JUKE BOX COMICS 1 (Issues 1-2-3): TRUE STORIES OF BAND LEADERS, SINGERS, SONG WRITERS, MUSICIANS AND ENTERTAINERS FROM THE 'SWING MUSIC BIG BAND' ERA Rubber Band Engineer The Bassoon King: Art, Idiocy, and Other Sordid Tales from the Band Room Imprints: The Pokagon Band of Potawatomi Indians and the City of Chicago Lap-Band Rescue: Revisit. Rethink. Revise Lap Band Struggles: Revisit. Rethink. Revise Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Surgery Open Heart: A Surgical Nurse Guides You

Through Open Heart Surgery (Open Heart Surgery, Aortic Valve / Mitral Valve Replacement, Coronary Artery Bypass, Aortic Aneurysm, Myxoma) You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)

[Dmca](#)