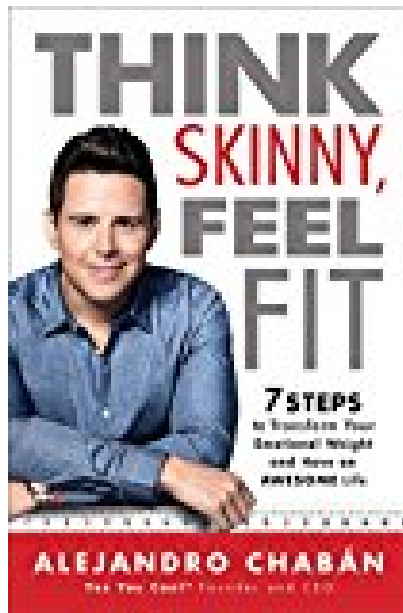


# Think Skinny Feel Fit 7 Steps to Transform Your Emotional Weight and Have an Awesome Life

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## BOOK DETAILS

- Author : Alejandro Chabán
- Pages : 256 Pages
- Publisher : Atria Books
- Language : English
- ISBN : 150113003X

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## BOOK SYNOPSIS

Jon Gabriel lost over 100 kilos without dieting or surgery and amazingly his body shows almost no sign of ever having been morbidly obese. His totally unique and groundbreaking approach to losing weight is backed by solid, cutting edge obesity research from over four years of full-time investigation of the roles of biochemistry, neurobiology, quantum physics and human consciousness in weight-loss. The result is a method that defies "common sense wisdom" and yet achieves dramatic lasting benefits. Celebrity obesity survivors like Muhammad Alis daughter Khaliah and Robin Moran, star of The Discovery Channels show Super Obese, are strong advocates of Jons Weightloss approach, which has also been featured on A Current Affair and Today/Tonight in Australia as well as on numerous radio shows and newspaper articles internationally. In addition to telling Jons own story of his amazing transformation, the book reveals why diets dont work and explains a truly unique and revolutionary diet-free way to lose weight. Its based on the fact that your body has an internal logic that determines how fat or thin you will be at any given time. The way to lose weight is not to struggle or to force yourself to lose weight but to understand this internal logic and work with it so that your body wants to be thinner. When your body wants to be thinner, weightloss is inevitable and becomes automatic and effortless. You simply crave less food, you crave healthier foods, your metabolism speeds up and you become very efficient at burning fat, just like a naturally thin person. And thats the real transformation - to transform yourself into a naturally thin person, so that you can eat whatever you want whenever you want and still be thin, fit and vibrantly healthy.

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