

The Gabriel Method: Full Family Wellness Program, 2 Book and 6 Cd Set

Jon Gabriel, Patricia A. Ronal Riba

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Join the movement for permanent, sustainable, weight loss! What started out as a best selling book, The Gabriel Method has now become an international movement for health, well-being and diet-free sustainable weight loss. Transform your entire family with this special bundle of: the original "The Gabriel Method" book, Jon Gabriel's brand new book "Fit Kids Revolution", and the 2-CD audio sets "Living Goddess", "Living Warrior" and "Weight Loss for Kids". In "The Gabriel Method" book, author Jon Gabriel uses his own remarkable transformation-from 409 pounds to 184 pounds-to show the solution to changing the inner belief systems that keep our bodies from thin. Like The Secret for weight loss, but with a 'green'/organic approach, The Gabriel Method works for anyone, any time. By adding back in the nutrients our bodies crave, and learning how to really listen to ourselves, we switch our self-destructive patterns to ones filled with health, joy, and a new, slim body. Jon's newest book "Fit Kids Revolution" is a guidebook for concerned parents who want to help their child overcome childhood weight gain and obesity in a fun, safe, and sustainable way. With children, restrictive dieting and traditional fitness programs are not just ineffective, they are potentially harmful, both physically and emotionally. Using a mind-body, holistic approach, you'll learn how to work with your child and your child's changing body to create lasting change from within. This bundle includes these 2 life-altering books, as well the audio CD sets "Living Goddess", "Living Warrior", and "Weight Loss for Kids".



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