



The Gastric Mind Band®

Martin Shirran, Marion Shirran, Fiona Graham

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Gastric mind Band therapy provides the answer to understanding and overturning your weight loss woes. No guilt, rules, or rigid calorie counting, and nothing banned. Just re-establishing a normal relationship with something you've got to face every day. Now you can read about the GmB phenomenon for yourself. Experience some of the many benefits without leaving home.

The Shirrans are a breath of fresh air... they ask: 'why shouldn't you be hungry? 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. Learn:

- how to use the GmB mental Pause Button to freeze time and save you from yourself
- about the dieting 'conspiracy' that's been keeping you feeling helpless and stuck
- how to have the level of motivation and control around food that you've been longing for
- how to harness the power of the subconscious mind.

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