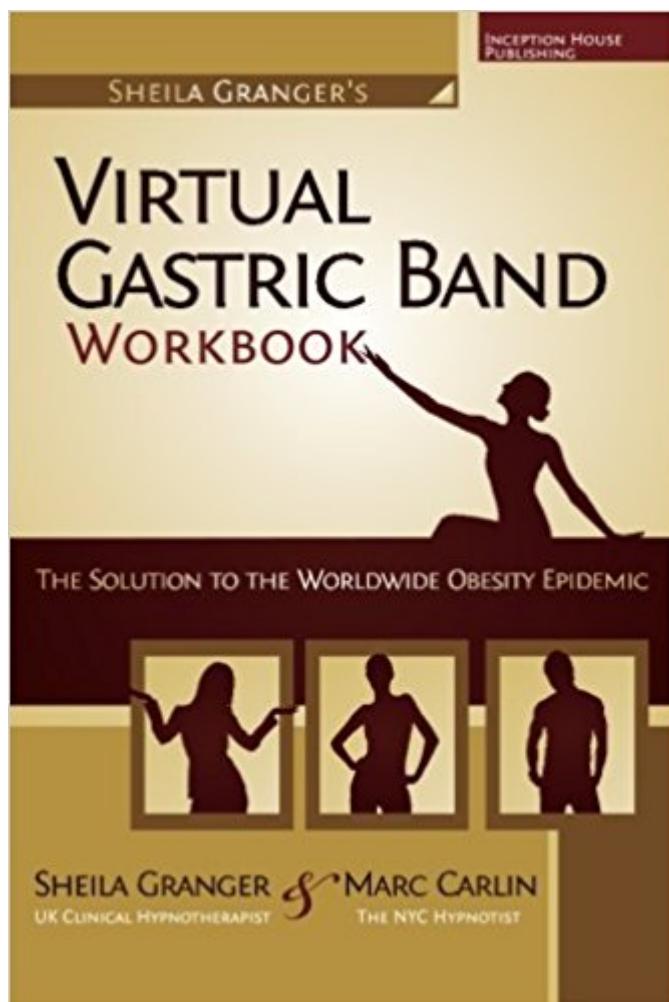


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# Sheila Granger's Virtual Gastric Band Workbook: The Solution To The Worldwide Obesity Epidemic



## Synopsis

This workbook outlines the basics steps to Sheila Granger's Virtual Gastric Band Weight Loss Program. While this book shows the basic program it is best done in conjunction with the mental training that sets up an environment of freedom. The mental training aspect of this program provides the support to free the individual of the deprivation and the restrictions that most feel when they are required to follow a diet.

## Book Information

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## Customer Reviews

Sheila Granger, UK Clinical Hypnotherapist - The Virtual Gastric Band - Having been employed by the UK Government's Department for Work and Pensions for 25 years, Sheila Granger was ready for a new challenge and decided to train as a hypnotherapist as a hobby. The hobby quickly turned into a viable business when Sheila developed a weight-loss program which incorporates the Virtual Gastric Band. Knowing that the medical profession rarely take alternative therapies seriously, Sheila conducted a clinical trial people of varying shape and size to prove its effectiveness and produced a 95% success rate.. The ultimate objective for Sheila is to help the UK's National Health Service to save money. Obesity and related illnesses put a £4.6 Billion burden on the UK economy and \$147 Billion in the United States . Sheila Granger is confident that the Virtual Gastric Band will prove to be a viable alternative to surgery. Sheila gained recognition around the globe for her weight-loss system and has now offers training for general hypnotherapy and for Sheila Granger's Virtual Gastric Band. Working hard to raise its profile, Sheila continues to show the effectiveness of

the Virtual Gastric Band. Her every success increases her support within the medical profession.?

MARC CARLIN, US Consulting Hypnotist and Trainer Also known as "The NYC Hypnotist" Marc Carlin enjoys a world wide reputation and is a sought after practitioner of change work. Helping clients create verifiable behavioral changes is his specialty and his recognition in the field of weight loss using the virtual gastric band has been acknowledged in the media. He's a New York-based consulting hypnotist , using his skills and his work in advanced hypnotic research to help clients achieve their best. A contributing author of the book, *Real World Hypnosis: Insider Tips from Leading Hypnotists*, Marc is also the author of numerous articles on the use of hypnosis for changing habits and training the mind. Many copies of his e-book, *The Simple Secrets to Successful Self-Hypnosis* have been downloaded from his websites helping people learn this powerful process of self help. He became intrigued with Sheila's program and after using it, Marc immediately noticed improved results in his clients and has embraced the Virtual Gastric Band as the hypnotic weight loss program of choice in his office. He now helps Sheila train other hypnotists and therapists and promotes her trainings around the world.

I purchased Sheila Granger's Virtual Gastric Band workbook and was disappointed. This is nothing more than a waste of money. Basic self hypnosis info with a lot of blank forms which could be easily found on the internet. I know Sheila is a very good hypnotist and just found this book does a whole lot of injustice to her.

This follows on with the work I do as a virtual gastric band practitioner so great read thanks

With all of the hype about the virtual gastric band I looked forward to reading this book. I was highly disappointed. Most of this book contains form that are identical to the other forms that every diet center uses. Very little solid information about the process, at all. Lots of sizzle, but darn little steak. I do not recommend this book at all.

Don't "waiste " your money...

interesting book.

Virtual is a good word for this book in every sense. There just isn't much here beyond a good title. The book is literally big print, minimum concepts, filler pages. Hypnosis is a very useful tool for

many things and I applaud Ms. Granger's success with this technique. This book does not speak highly of those who 'wrote' it because it is high priced hype - promises a lot, delivers very little.

This is a handy workbook for anyone seeking to permanently release weight and become healthy. Each of the 8 Rules chapter highlights an aspect of healthy lifestyle changes, including mindfulness eating, exercise and a positive approach to life. The self hypnosis section of the book reviews 5 simple stages of self hypnosis, highlighting some easy to learn and useful techniques to assist an individual conquer the weight issues and address stress and overeating issues. I found all of the suggestions and ideas in this book to be current and affirming, and using simple Common sense. There is mention of the Virtual Gastric Band throughout the book, but the focus is on lifestyle changes. The hypnotic Virtual Gastric Band is a revolutionary concept using hypnosis to implant the Gastric Band in lieu of surgery. The lifestyle suggestions are applicable to anyone using a hypnotic gastric band, or even a surgical gastric band. I have observed one of the issues for folks who are thinking about or who are having actual Gastric Band surgery is that they fall back into their everyday patterns of eating, and thus defeating the purpose of the band. I believe making permanent lifestyle changes is a key to success with weight mastery. I was thrilled to be able to review this book for the authors. I now want to buy them for my clients. Pat Sonnenstuhl is an RN, and retired nurse practitioner/nurse midwife. She is a hypnotherapist in the Olympia, WA area, and provides Weight Mastery support, and medical hypnotherapy for her clients. [...]

Bloomberg News reported that Gastric Band Surgery numbers will double in the next year!!! An anatomical solution for a mindset problem. Many people are mindlessly eating, have become addicted to fats, sugar and salt and are at an increased health risk condition. Taking control of eating habits is all in the mind; unless habits change internally the struggle will still be there. This workbook can help you make a change in order to improve your relationship with food. There are clear steps to follow and a journal to keep track of your success. The key is consistency in following the rules. This is a wonderful alternative for those who have considered the surgery.

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Bypass Diet) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric

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