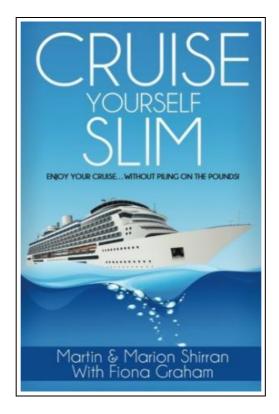
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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 206 pages. Dimensions: 8.5in. x 5.5in. x 0.5in.CRUISE YOURSELF SLIM is an all-in-one weight maintenance manual for cruise passengers. If all 2015s 22 million passengers put on an average of 4lb per cruise, theyd gain 44, 000 tons and more the weight of a small cruise ship. Martin and Marion Shirran, who created the Gastric Mind Band weight loss method, are avid cruisers who know just how much gastronomic temptation exists on cruise ships 247. They also know about weight management and know all the techniques, tips and tricks youll need to avoid coming home having piled on enough pounds to sink a cruise ship! They look at how to alter your pre, during and post-cruise eating behaviour to ensure the vacation doesnt have bad flab memories to take the shine off an otherwise wonderful trip. And of course they know you want to enjoy some of that tempting food, and will reassure you that you most certainly can! More than that travel agent and cruise fan Sarah Price has contributed the story of her 140lb weight LOSS using GMB, and how she still cruises without gaining weight thanks to the Shirrans methods. Ideal for reading when youve booked your cruise and are wondering how your clothes will fit for a whole week (or more!) and of course for taking as an on-board reminder the book features: A chapter by Cruise Tourism Senior Lecturer Patsy Morgan of Southampton Solent University. Patsy has firm views about what she dubs FAT Cruise Tourism Experiences. A chapter by former cruise line maitre d Brian Bruns, who has written about his above-and-below deck knowledge of cruise passengers and food, in his bestselling book Cruise Confidential A foreword by Australian cardiologist Graham...

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