

Shay Galiany

The Wristband Method

A Unique and Revolutionary
Weight Loss Method

Contento De Semrik

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This is my Father's story.
I have used his voice wherever possible so his
ideas would be clear and effective.

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Introduction

TWO PERSONAL CRISES HAVE HAD a lasting effect on my life.

The first and most significant one occurred in 1992, when my wife and I decided to leave the kibbutz after much deliberation.

As a son of parents who were among the kibbutz founders, and raised according to this particular lifestyle, I was expected to continue on my parents' path. Over the years, I had filled major roles on the kibbutz; therefore, my departure caused a great crisis.

To illustrate just how immense this crisis was, I will suffice in giving a brief account of the moment my wife and I were to announce our decision to my parents. The mere thought of how and what we would tell them and the fear of their response and hurt led us to first share our decision with our four children: Shani, Chen, Aviv and Shai. They received the

news with mixed feelings, since for them, too, this decision marked an important and meaningful change.

But there is no doubt that the hardest of all tasks was to break the news to my parents. Three times, my wife and I proceeded towards their home with the clear intention of sharing our decision with them but each time we failed to muster enough courage and returned home without completing the task. Only on our fourth attempt did we manage to enter their house and tell them. To our great surprise, my parents responded much more moderately than we had expected. In retrospect, when our life outside the kibbutz was already established, we spoke about it and realized that their major breakdown had arrived a few days after that meeting, when my parents actually grasped the meaning of our decision.

As we all know, crises are simply opportunities in disguise.

I was able to overcome this crisis after I began to research and delve into the different aspects of the body-soul connection. At first, I carefully read Louise Hay's books. Then came *The Power of the Unconscious Mind* by Dr. Joseph Murphy and Robin Sharma's books, the most prominent being *The Monk Who Sold His Ferrari*. These books provided simple and accessible techniques to control my thoughts, and introduced me to the virtues of guided imagery and positive affirmations. These techniques changed my way of life, my feelings and my degree of satisfaction with my functioning. To a great extent, the more I studied the subject of self-awareness, the

better I understood how much we can enhance our quality of life by using positive and healthy thinking.

At this stage of learning, I came up with some ideas about how to use the knowledge I had accumulated as a tool whose purpose was to enhance the quality of life. I kept these ideas hidden away in my drawer, since the intensity of daily life did not allow me enough time and space to improve them and adapt them into tools for everyone to use.

But I felt I had to put a specific one of those ideas to the test right away: an outline for weight loss, since like previous and less crucial crises, this one, too, was accompanied by weight gain.

THE FINANCIAL CRISIS

One crisis often leads to another: My financial situation deteriorated and my weight increased.

The second significant crisis I experienced was a financial one, most of which took place in January 2009, during the Gaza War. The company I had owned for the past 15 years had reached a financial dead end. Most of the company's work was carried out in the West Bank and Gaza in conjunction with the Palestinian Authority. Since Hamas' rise to power in 2008, commerce with the Gaza Strip had undergone a major jolt rendering it impossible to get anything in besides humanitarian aid. Any day that Qassam missiles were fired, the checkpoints and crossing-points would close until further

notice. I suffered irreversible financial damage as a result of this situation, which reached a peak during the Gaza War.

Like the one before it, this crisis too, had one very obvious manifestation: I gained weight at significant speed. The deeper my company sank into crisis, the deeper I sank into overeating patterns. My financial state graph showed a drop while my weight graph showed the exact opposite – a sharp climb.

This fact led me to try all kinds of diets, none of which prepared me for... the next crisis.

My eating became wild and uninhibited, but this time, I felt I had to turn the tables and pull myself together. I stayed home for one whole week and started from scratch – rereading all of my self-help books, articles, and accounts of eating and weight-loss experiences. I formulated a method for dieting that included weight loss down to a weight I felt comfortable with and a formula for a way of life that would help me cope with hard times.

I decided it was time to leverage the hardship of my financial crisis. Most of us go through crises during our lifetimes – whether personal, health-related, or financial. But the real test is how we cope with the crises.

"I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has had to overcome while trying to succeed."

— Booker T. Washington

Some of us give up and sink; others continue to live as before. Only a few view the hardship that a crisis poses as an opportunity to rise above it.

I related to the crisis as a wake-up call, realizing that God had sent me a gift. I noted two challenging goals, which were very exciting on one hand, but scary on the other hand; the kind of goals you wake up every morning eager to fulfill.

The first goal involved entrepreneurship – to initiate and develop a unique and safe weight loss method that would be registered as intellectual property and distributed worldwide; a kind of calling whose mission is to cure the obesity epidemic in the Western world.

The second goal was physical and personal – to try that method on myself and reach a weight of 90 kilograms (198 lbs) of pure energy and vitality (at that time I weighed 104 kilograms [about 229 lbs]). Each goal had intermediate objectives with a planned operational schedule.

The weight loss method, which later became a weight loss kit, is based on the fact that a real diet involves negative-thoughts-loss more than weight-loss.

The weight loss kit now has a patent registered in Israel and the U.S. My eldest daughter, Shani, is the marketing manager in Israel and abroad. Marketing in Israel began in April 2010, and 5,000 kits have been sold so far. Marketing in the U.S. and Russia is next.