



Cruise Yourself Slim: Enjoy Your Cruise...Without Piling on the Pounds!

Martin Shirran, Marion Shirran, Fiona Graham

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Over 22 million people completed cruise holidays in 2015; many of those went home weighing upward of four pounds heavier - due in no small part to the huge quantities and choices of food and drink onboard modern cruise liners.

Utopia for cruise passengers would almost certainly be to be able to cruise, eat, and drink and not have to fear the scales on the home journey.... Martin and Marion Shirran argue that this IS possible - and, as creators of the Gastric Mind Band weight loss system, they have the tools, tips, and tricks to help listeners achieve it.

The Shirrans, avid cruisers themselves, want to help you avoid needing to take several sets of clothes to accommodate your expanding waistline. The statistics from their own major UK cruise passenger survey certainly back up their concerns about how food excess leads to excess body baggage as people come down the gangway, and they advocate pre-, during, and postcruise phases to address the problem in a sustainable way.

With contributions from Patsy Morgan, senior lecturer in cruise tourism at Southampton Solent University; best-selling author of *Cruise Confidential*, Brian Bruns; and Australian cardiologist Graham Sceats, the book also takes a look at many aspects of modern (and in some cases historical) onboard catering, eating, and drinking. Plus, of course, how obesity in general can be seen to impact cruise passengers' enjoyment of their holidays.

Also - importantly - included is the story of travel agent and cruise fan Sarah Jayne Price, who lost more than half her body weight using the Shirrans' methods and STILL cruises without piling on the pounds.

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