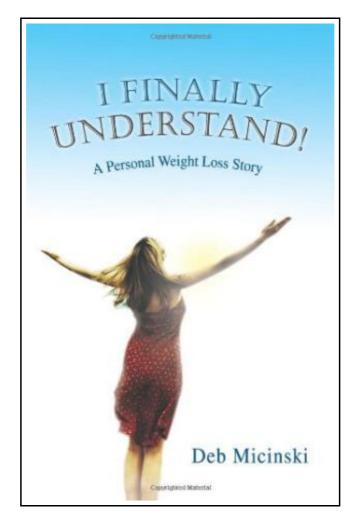
I Finally Understand!: A Personal Weight Loss Story (Paperback)



Filesize: 6.52 MB

Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book.

(Gerald Conn)

I FINALLY UNDERSTAND!: A PERSONAL WEIGHT LOSS STORY (PAPERBACK)



iUniverse, United States, 2008. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand ******. I Finally Understand! is a personal weight loss story and guide to help others realistically lose weight. I m a 47 year old middle class working wife and mother of two. My battle with weight didn t begin until I was 20 years old and started dieting to lose 10 pounds. Six years later those 10 pounds had soared to 40!! I share my story and experiences with traditional diets, exercise, etc., but mainly focus on the realistic, common sense approach that finally worked for me as well as the tips, tricks and philosophies I learned along the way. I also discuss the importance of developing a healthy mind and spirit and its vital role in achieving success. My system advocates a realistic, socially forgiving approach that promotes a positive, personalized mind/body/soul methodology. I lost 35 pounds in 5 months and have been able to keep it off for 20 years! About a year after writing this book, I was introduced to the Law of Attraction via Oprah s show on The Secret. I d never heard of the Law of Attraction before but was immediately captivated. I couldn t believe what I was hearing! I know this stuff!! This is the same type of thing I wrote about in my book!! I quickly realized I had, unknowingly, used many principals of the Law of Attraction before, during and after I lost weight and was even inspired to write a book about it! That s when I knew I had to publish this book! You II find my story and its relationship to the Law of Attraction featured in the book, Living the Law of Attraction, Real stories...



Read I Finally Understand!: A Personal Weight Loss Story (Paperback) Online Download PDF I Finally Understand!: A Personal Weight Loss Story (Paperback)

Other Books



Children s Rights (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

Save Book »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

Save Book »



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

Save Book »



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

Save Book »



A Parent s Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know...

Save Book »



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand ******.Mr. George Smith, a children s book author, has been

Save PDF »



The Mystery of God's Evidence They Don't Want You to Know of (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children's lives learn the discovery of God Can we discover God?

Save PDF »



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies

Save PDF »



EU Law Directions (Paperback)

Oxford University Press, United Kingdom, 2014. Paperback. Book Condition: New. 4th ed.. 242 x 188 mm. Language: English . Brand New Book. With a readable and modern writing style, EU Law Directions clearly explains the

Save PDF »



Never Invite an Alligator to Lunch! (Paperback)

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. NEVER Invite an Alligator to Lunch! delivers a fun,

Save PDF »