



# **TRUE WEIGHT LOSS STORIES: Amazing, Inspiring, Funny, Touching, Weight Loss Stories From REAL People**

*Daniela Z. Whitley*

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TRUE WEIGHT LOSS STORIES -- In it, you'll find inspiring, honest, funny and amazing weight loss stories. Sprinkled in will be a bit of my own story and thoughts (in italics). I've lost 35 pounds over the last year.

So, why weight loss stories and not a how to lose weight book? Well, honestly when I was starting my weight loss journey and devouring (I know, interesting word choice) all of the information I could about losing weight, I felt that one of the big things that I didn't have that allowed me to keep relapsing was inspiration. The way I get motivated is through inspiration. Inspiration serves as a support system for me. Due to the nature of my job, I'm not active in a weight loss forum (which I highly recommend by the way) or a weight loss club. One of the things that did keep me motivated was that in the little time I did have to surf the web I found stories of women (and men) who were documenting the various stages of their weight loss journey. These stories kept me motivated and the ones I present in the book will do the same for you I'm sure. Enjoy..

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#### **Joel Connolly:**

A lot of people always spent all their free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a book. The book TRUE WEIGHT LOSS STORIES: Amazing, Inspiring, Funny, Touching, Weight Loss Stories From REAL People it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book through your smart phone. The price is not to cover but this book features high quality.

#### **Jennifer Jackson:**

With this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple way to have that. What you need to do is just spending your time very little but quite enough to get a look at some books. One of the books in the top checklist in your reading list is usually TRUE WEIGHT LOSS STORIES: Amazing, Inspiring, Funny,

Touching, Weight Loss Stories From REAL People. This book which can be qualified as The Hungry Slopes can get you closer in becoming precious person. By looking way up and review this reserve you can get many advantages.

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