



Finding Your True Self Hidden Away Under That Weight: Healthy Ways To Help You On Your Weight Loss Journey

Ellen C. Ross

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Finding Your True Self Hidden Away Under That Weight

This comprehensive guide will take you through the health reasons for losing weight and the possible effects should you choose to ignore these reasons. **It will show you one person's personal weight loss journey and how she achieved her goal and give recipes and hints and helpful tips that she picked up on her weight-loss quest.**

It will also teach you how to shop and feed yourself and your family tasty, nutritious and healthy meals, allowing for occasional treats along the way, and it ends with an amusing look at the things we say to ourselves when we are trying to justify our own eating habits and quirks.

A preview of the book:

- **Health Problems Caused By Obesity**
- **What Is The Next Step?**
- **Ways To Help You On Your Journey**
- **Other Hints And Tips To Ease You Along Your Way**
- **Breezing**
- **Why Eating Healthily And Moving More Are Better Than Pills Or Surgery**
- **The Cost Of Healthy Eating**
- **Some Popular Myths About Why We Are Overweight**
- **Weight Maintenance**

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From reader reviews:

Jeffery Whitley:

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David Lussier:

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Brandy Godwin:

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