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I Finally Understand!: A Personal Weight Loss Story

By Deb Micinski

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...



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