



Weight Loss Stories: Inspirational and Real Success Stories (Paperback)

By Isadora Strong

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand *****. Get inspired to start a new life! You will be energized by these true stories about people who succeeded in their weight loss goals. These are truly motivating transformations by people who overcame depression about their weight and fulfilled their dreams. There are no fads or special supplements discussed here. These stories include only earnest personal journeys by people who succeeded in finding healthy ways to transform their lives. In addition to 10 inspirational stories of weight loss there are two additional sections; Weight Loss Surgery Regrets: Here you will find very candid comments from real people who underwent weight loss surgery and regret their decision. It is good to hear this perspective as there are not too many unbiased websites where you can read genuine feedback about negative WLS experiences. How to Get Rid of Sagging Skin This is a helpful collection of comments from people who succeeded in extreme weight loss and then found ways of minimizing and toning their excess sagging skin.

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