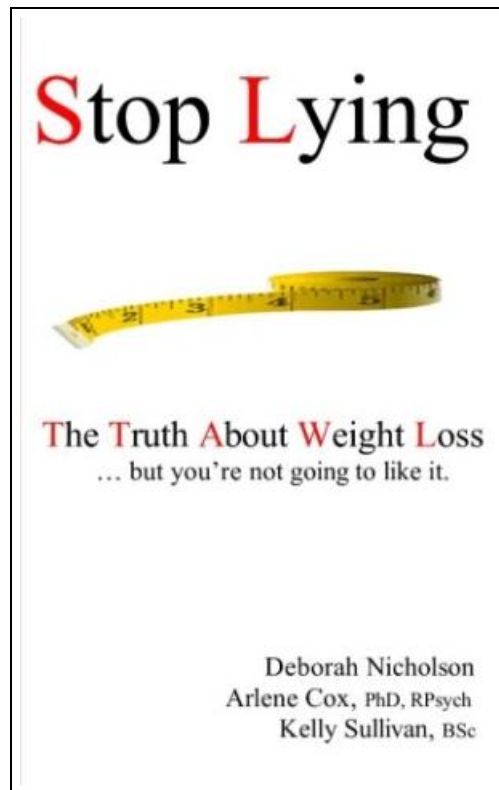


Stop Lying: The Truth about Weight Loss . But You're Not Going to Like It. (Paperback)



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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.

(Miss Vernie Schimmel)

STOP LYING: THE TRUTH ABOUT WEIGHT LOSS . BUT YOU'RE NOT GOING TO LIKE IT. (PAPERBACK)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Deborah Nicholson spent four years changing her life and losing over 140 pounds, journalling her misadventures along the way. Together with her coworkers, Arlene Cox - psychologist and Kelly Sullivan - registered dietitian, she penned Stop Lying to try and help others struggling with weight and food issues to find their own path towards truly overcoming those issues. Midwest Book Reviews says: In the beginning of this read you will meet three woman, Deborah, Arlene and Kelly. These three woman teamed up to write a book about weight loss. I know, there are many books out there on this subject, but not one quite like this. Besides having background and knowledge in this area, our ladies give you something special and that is truth and hope. They share with you their struggles, their victories, their failures and their knowledge in this long going battle that so many of us face. We all know that maintaining a proper weight is vital to our health and our entire life, but for most of us it is a struggle just to balance all the other arrows coming our way. How are we suppose to take the time to figure this out as well, and why should we? After all, don't we deserve that big piece of cake or large helping of that very calorie filled plate of food set before us. We work hard, we take care of our families, we hold down jobs and wear more hats than anyone could imagine. But if the truth be known, everyone would be much happier if they were not carrying around more weight than their frames can handle. So what is the answer. The ladies have taken this question to task....

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