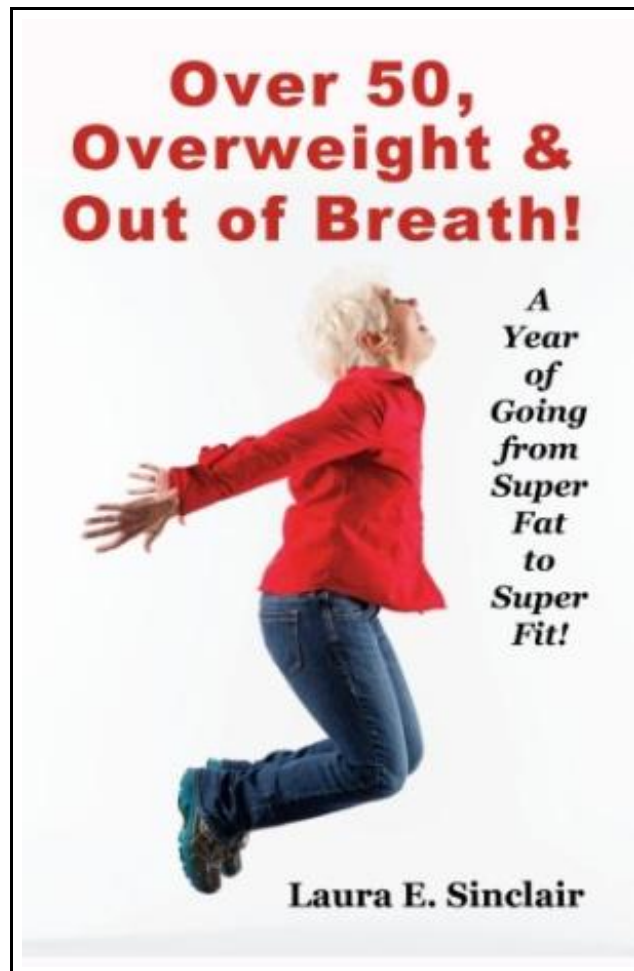


Over 50, Overweight Out of Breath: A Year of Going from Super Fat to Super Fit.



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

OVER 50, OVERWEIGHT OUT OF BREATH: A YEAR OF GOING FROM SUPER FAT TO SUPER FIT.



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Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a powerful and positive story about a quest for a change in life and the extraordinary possibilities of the human spirit. Before I wrote this book, I was diagnosed as MORBIDLY OBESE by my primary-care physician following a yearly visit. The only problem with this diagnosis was that we never discussed this issue. I knew that I was overweight, but it wasn't until I watched doctors and picked up my medical records that I saw this in writing. I saw myself in front of the mirror every day, so I knew things were bad, but it wasn't until I read those words, MORBIDLY OBESE, that the gravity of the situation sunk in. -LAURA SINCLAIR At 55, Laura Sinclair was grossly overweight; the future looked dim and dangerous. Carrying extra weight was setting her up for the possibility of developing a chronic illness--heart disease, stroke, or worse. She decided to take ownership of her life and pave a new road to optimum health and happiness. -Learn how Laura lost over 40 of her body weight and kept it off. -How she reached a level of fitness and athleticism that she thought not possible in her 50s and beyond.



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