



DOWNLOAD



## The Romance Diet

---

By Destiny Allison

Sunstone Press, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Brave, raw, and unflinchingly honest, this book is a weight loss journey, a love story, a heart beating loudly on the page. Every day we battle against something-injustice, our spouses, our weight. Seldom do we acknowledge the real wars we wage. Repressing feelings and silencing our voices, we suffer under the surface, attributing emotional distress and unwanted pounds to the inescapable effects of hormones or age. But weight gain, anxiety, and marital difficulties aren't always so easy to explain. In her poignant and touching memoir, Allison doesn't offer recipes, exercise tips, or advice. Instead, she shows us how to stand up, express what we want, and develop empathy for ourselves and the people we love. In doing so, she provides invaluable insight for those seeking to lose weight, save a marriage, or make a significant life change. Includes a Readers Guide. \*\*\*\*\* Destiny Allison is an award winning artist, author, and businesswoman. When an injury required her to re-envision her life, Allison did what she always does. She applied her explosive...



READ ONLINE

[ 7.37 MB ]

### Reviews

*If you need to adding benefit, a must buy book. I could comprehended every thing out of this composed e pdf. I am just very happy to tell you that this is the greatest pdf i have study inside my individual existence and could be he finest publication for at any time.*

-- **Miss Laurie Waters IV**

*Most of these publication is the greatest publication offered. It is actually rally intriguing through reading period of time. You can expect to like just how the article writer create this publication.*

-- **Eddie Schuppe**