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THINSPIRED: HOW I LOST 90 POUNDS: MY PLAN FOR LASTING WEIGHT LOSS AND SELF-ACCEPTANCE



Gallery Books/Karen Hunter Publishing, United States, 2015. Paperback. Book Condition: New. Reprint. 213 x 140 mm. Language: English . Brand New Book. This inspirational book from two-time Emmy Award winning journalist Mara Schiavocampo takes you on her journey of weight loss and helps you shed pounds and find peace, health, and happiness in the process. Like so many people, Mara Schiavocampo struggled with her weight for most of her life. She tried every diet on the planet, suffered a debilitating...

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- Authored by Mara Schiavocampo
- Released at 2015



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