



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

By Deborah Nicholson

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...

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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

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An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD