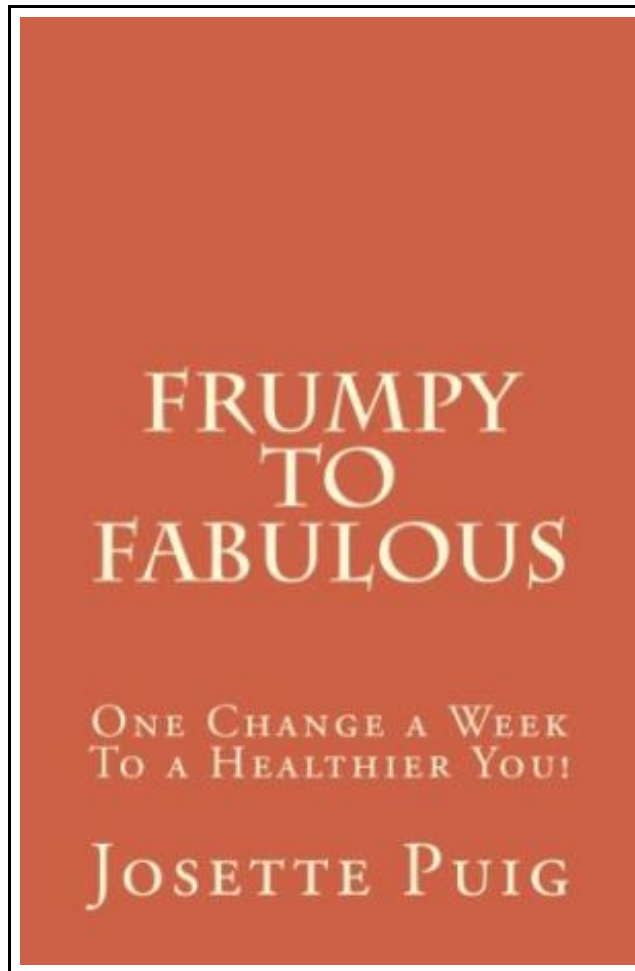


Frumpy to Fabulous: 1 Change a Week to a Healthier You!



Filesize: 6.52 MB

Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).

(Pasquale Larkin I)

FRUMPY TO FABULOUS: 1 CHANGE A WEEK TO A HEALTHIER YOU!



Createspace, United States, 2012. Paperback. Book Condition: New. 196 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.I went on my first diet at age 10 and from then on I can honestly say I was always on some sort of diet. I tried them all and all I did was go up and down, then up and down again with no permanent results. By the time I was 33 not only was I still overweight but I was depressed too. I was married and had 4 small children and I remember asking myself, Is this it? Are my best years behind me Is my life just about keeping my head above water and taking anti-depressants What happened to me !! I wanted more out of life. I wanted more for my children than just a mother who was existing. And then one day it all changed. I read an article during the Christmas holidays of 2003 about how it takes 21 days to create new habits. I figured if I could just change my eating habits permanently I d get real long-term results. But I also knew that making drastic changes would just overwhelm me, deprive me and drive me deeper into my depression. On January 1, I sat down with a brand new 2004 calendar and decided I was going to make 1 change a week. That s it. Focus on that one change and add a new one each week. Four months later I was 30 pounds lighter, 6 months later I weaned off my medications and 52 weeks later I was a whole new person ready to live.REALLY LIVE!!! The following pages are a list of the changes I made week after week. You can use the boxes to check off...



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