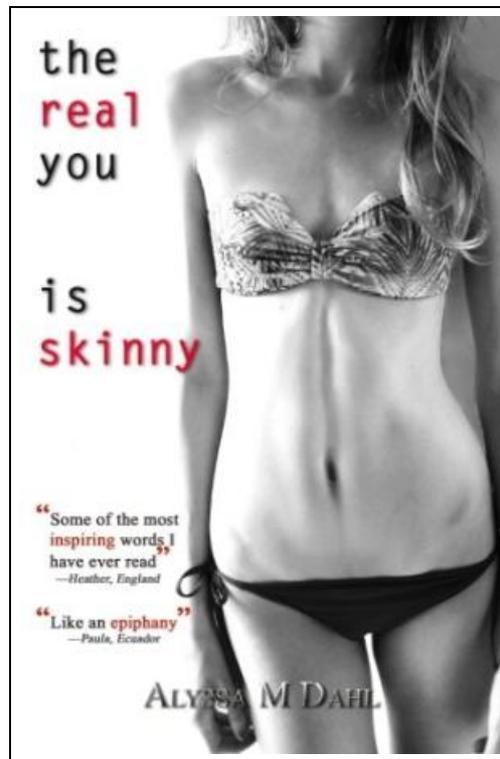


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You may feel like you will never lose weight. But no amount of fat can change the fact that, \*underneath it all, the real you is skinny.\* This is the real-life story of a surprising journey from fat to thin, for someone who tried all her life but still couldn t lose the pounds-until one day she discovered the \*unbelievably simple\* answer. Filled with radically common-sense ideas, The Real You is Skinny gives you everything you need to help discover your own healthy motivation, ignore all that other confusing and contradictory weight-loss advice, and instead just get on with getting rid of your stubborn excess fat. What really sets this book apart, however, and what has been the source of huge changes in so many lives, is the personal story inside, which reveals what it can really be like, day after day, to finally have victory over your destructive thoughts and habits, shed that unwanted flab, and become the most beautiful person you can be. \*What people are saying: \* Changed my outlook on life . I am so motivated it s crazy Everything . just makes perfect sense Reading this was like a weight off my chest Finally someone put into words how I have been feeling I just signed up for a 5K, and I am one of those people who hates to run . wow . tears in my eyes Inspired me to shed my unhealthy and destructive behaviours and attitudes towards weight loss . I ve not only seen a change in my body, but I am now also in a better place mentally, and for the first time in years I can truly say I...



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