



## An Exodus from Obesity: Enjoying the Ride

By Marsha Miller

Dorrance Publishing Co., United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you beaten by obesity? No, there is always hope, no matter how long you've suffered from it. No matter what damage has occurred. We have the God-given right to improve our lot in life. Having battled lifetime obesity, Marsha Miller lost approximately 100 pounds, beginning during middle age, by finally following a sensible path. It took eleven years to change from living at morbidly obese levels with health concerns, to living at a reasonable weight and in the best physical condition of her life. Knowing that she was constantly improving her body, rather than dieting, erased all excuses to alter her direction. Obesity's oppression not only robs us of physical enjoyment, but steals our inner peace. Discovering peace within a healthy lifestyle is liberating! Many of the obese are simply Slow Losers/Fast Gainers who are frustrated by society's imposed expectations for quick weight-loss results. This book shows that learning to make peace within an overall wellness process (enjoying the ride) fortifies confidence in our sense of self, improves general health at everyone...



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