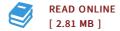




## An Exodus from Obesity: Enjoying the Ride

## 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...



## Reviews

This ebook is so gripping and exciting. it was writtern very flawlessly and valuable. I found out this publication from my i and dad suggested this ebook to understand.

## -- Leif Bernhard MD

Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.

-- Mrs. Agustina Kemmer V