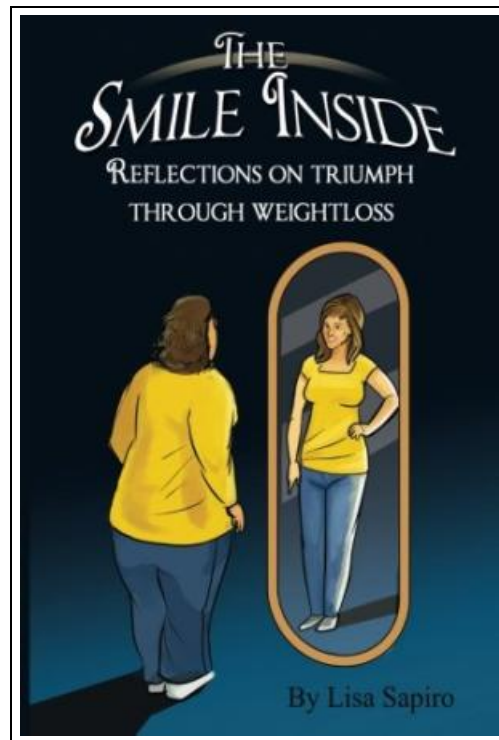


The Smile Inside



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.With obesity rates doubling at alarming rates, Lisa s personal account in this story of her life is desperately needed. We hear all the time about the famous people who are having trouble with their size, and we sit at our dining room tables discussing these waistlines, diet habits, and clothing choices. Now it is time to fix our own waistlines, and decide if we want to live healthier and happier. Lisa took the lemons life threw at her, and figured out how to make the healthiest but yummiest lemonade possible. The process took a while, though. It was difficult, and sour at times. In the end, she is at a weight she is not only accepting of, but happy with. She loves herself. Don t you want to as well? Lisa s heart bleeds for people in her situation, you can tell by the dreams she has in hopes of curbing the epidemic. Also, she wants everyone to know that no matter how old you are, you can take back your life! She wants to share her story and successes with people who are where she was over 25 years ago. I commend her for her honesty, bluntness, and hard work in getting where she is today. It was my pleasure helping her compile her thoughts and ideas into her autobiography, and after hearing all of her ideas and tips-look for sequels, health expos, and support groups nationwide! A woman with a passion is a force to be reckoned with, and when Lisa took the reins back to her life, she took notes as well. I want to thank you, Lisa, for your hard word, dedication, and...



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