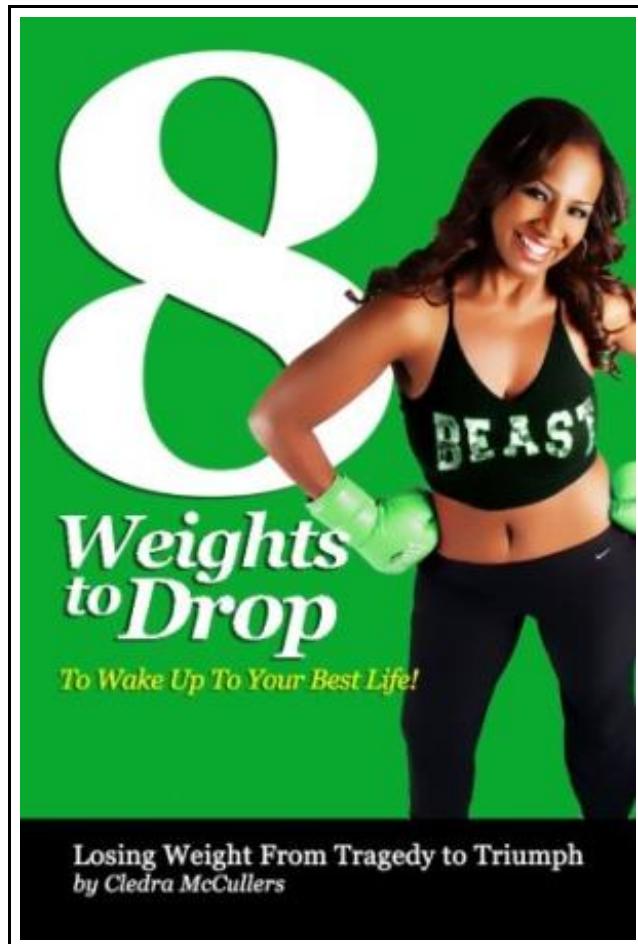


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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.8 Weights to Drop to Live Your Best Life is a story of the author's journey from tragedy to triumph, of dropping over 70 lbs of physical weight and gaining an entirely new life. Exhausted, defeated, and in a yo-yo cycle of weight gain and loss, Cledra McCullers overcame heartbreak, her husband's infidelity, a devastating miscarriage, and other emotionally overwhelming setbacks that resulted in significant weight gain to discover that the weight she added wasn't just physical, but emotional, mental, and spiritual. Most books and programs start with what to do with your body. This book starts with what to do with your mind, emotions, and spirit, because the bottom line is that extra physical weight is a reflection of extra weight in other areas of our lives. After 20 years of joining, quitting, and rejoining every weight loss program available, including Lap Band surgery, only to discover that while they all worked, they all worked very differently to get AND keep the weight off. Where traditional programs focus on what you should eat or drink and how much you should exercise, this book focuses on changing what you crave by dropping not only physical weight, but emotional and spiritual weight. When you drop weight in all three areas (physical, emotional, and spiritual) it doesn't matter what's being served because your appetite will permanently change. You will crave the people AND the food that can support you, not add more weight to you. Cledra has distilled her message into 8 Weights you must lose before the physical weight follows: The Weight of Contradiction and Conflict; The Weight of I Can't Believe This...

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