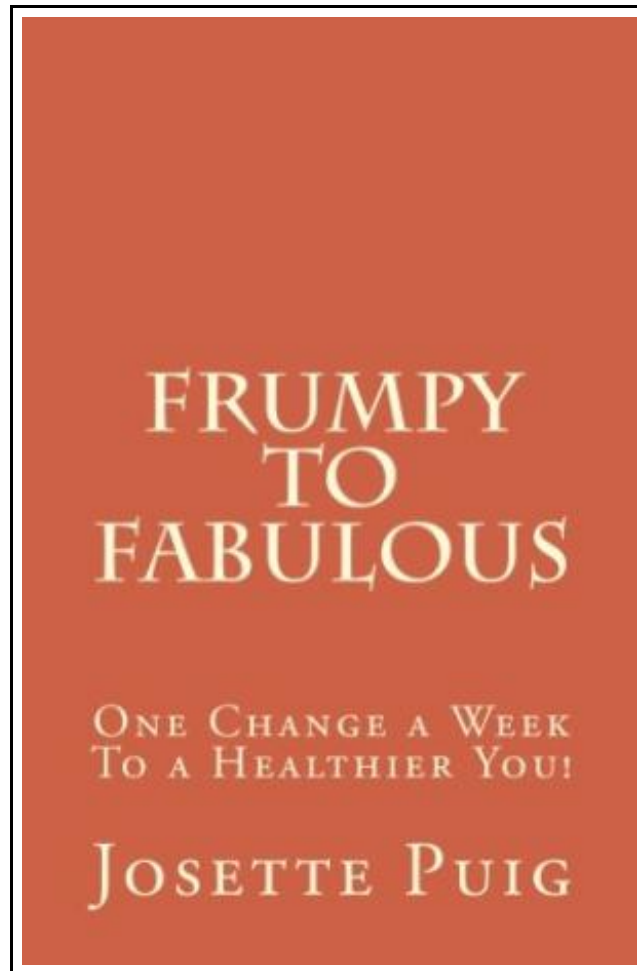


## Frumpy to Fabulous: 1 Change a Week to a Healthier You!



Filesize: 6 MB

### ***Reviews***

*This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.*  
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## FRUMPY TO FABULOUS: 1 CHANGE A WEEK TO A HEALTHIER YOU!



Createspace, United States, 2012. Paperback. Book Condition: New. 196 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I went on my first diet at age 10 and from then on I can honestly say I was always on some sort of diet. I tried them all and all I did was go up and down, then up and down again with no permanent results. By the time I was 33 not only was I still overweight but I was depressed too. I was married and had 4 small children and I remember asking myself, Is this it? Are my best years behind me Is my life just about keeping my head above water and taking anti-depressants What happened to me !! I wanted more out of life. I wanted more for my children than just a mother who was existing. And then one day it all changed. I read an article during the Christmas holidays of 2003 about how it takes 21 days to create new habits. I figured if I could just change my eating habits permanently I d get real long-term results. But I also knew that making drastic changes would just overwhelm me, deprive me and drive me deeper into my depression. On January 1, I sat down with a brand new 2004 calendar and decided I was going to make 1 change a week. That s it. Focus on that one change and add a new one each week. Four months later I was 30 pounds lighter, 6 months later I weaned off my medications and 52 weeks later I was a whole new person ready to live.REALLY LIVE!!! The following pages are a list of the changes I made week after week. You can use the boxes to check off...



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