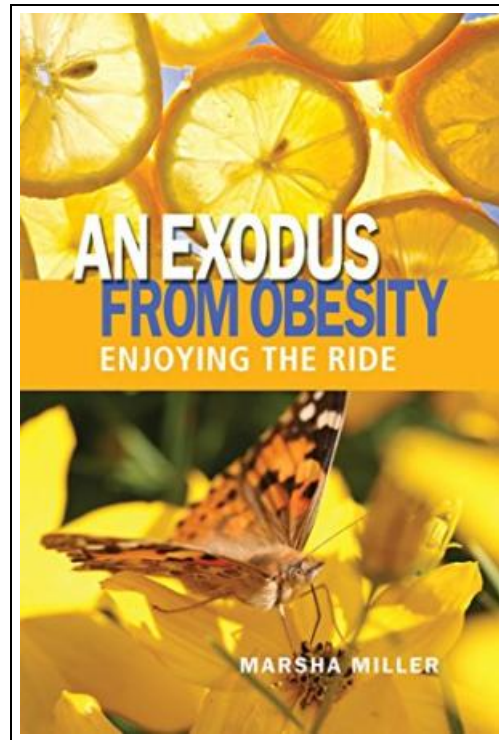


An Exodus from Obesity: Enjoying the Ride



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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's starting level, and makes healthier weight management possible for everyone. Marsha's first fifty-five years may have been spent within the slavery of obesity, but the second fifty-five years? She plans on remaining liberated. About the Author Born in 1950 and raised in a Christian home in a blue-collar community of Houston, Texas, Marsha enjoyed writing locally published news articles from an early age. She reported supportive news and wrote informational articles in church, public school, and local newspaper publications, beginning in her teenage years, until her retirement as educational support staffer in 2010. A student of several higher...

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