

HOW TO LOSE 100 POUNDS

Creating
Your Plan for
Weight Loss
Success



P. Seymour

Exercise For Weight Loss How To Lose 100 Pounds

Hussin A.Rothana



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1 Year, 100 Pounds Whitney Holcombe, 2013-12-24 Holcombe chronicles how to transition from the fat girl to being a healthy confident young woman When she stepped onto her bathroom scale and 230 glared up at her that number controlled her life until one day she went for a walk that changed everything Follow her battles against obesity negative self image and peer ridicule as Holcombe follows a healthy diet and exercise routine shedding the pounds without pills trainers or surgery

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