



The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living

Crystal Phillips

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In 1994 Crystal Phillips weighed 292 pounds. She was miserable, unhappily married and suicidal. She thought that her life was over and that there was no way to climb out of the hopelessness. But the death of her beloved brother made Crystal realise that life is too precious to waste; our purpose here is to live as fully as we can. So Crystal found within herself the strength to make a change. Through journaling, eating well and being prepared for emotional setbacks she was able to find her self-respect and lose over half her weight. She has written this book not only to help others lose weight, but also to teach them how to form their own fitness support groups and live the best life they can. THE ME I KNEW I COULD BE is both the inspiring personal story of Crystal's weight loss and practical guide, complete with a diet programme and menus, for anyone who wants to lose weight, get healthy and embrace life.

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Rodney Sierra:

The experience that you get from The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living is the more deep you rooting the information that hide in the words the more you get thinking about reading it. It doesn't mean that this book is hard to be aware of but The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living giving you thrill feeling of reading. The article author conveys their point in selected way that can be understood by means of anyone who read the idea because the author of this e-book is well-known enough. That book also makes your own vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this particular The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living instantly.

Evelyn Nielson:

Playing with family in the park, coming to see the marine world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living, you may enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

Mary Gilbert:

Your reading 6th sense will not betray an individual, why because this The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living book written by well-known writer whose to say well how to make book which might be understand by anyone who else read the book. Written inside good manner for you, still dripping wet every ideas and publishing skill only for eliminate your own hunger then you still doubt The Me I Knew I Could Be: One Woman's Journey from 292 Pounds to Peace, Happiness, and Healthy Living as good book but not only by the cover but also from the content. This is one guide that can break don't assess book by its protect, so do you still needing a different sixth sense to pick this!? Oh come on your studying sixth sense already told you so why you have to listening to yet another sixth sense.

Ricky Bradley:

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