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My Abbreviated Atlas to Overcoming a Lifetime of Obesity, Shame and Fear: Is This or Was This You? (Paperback)

By Pamela Brown

Cocoon Moon Room, United States, 2017. Paperback.

Condition: New. Language: English . Brand New Book *****

Print on Demand *****. These words of pain and hope are intended to inspire and lead someone to a path of positivity and freedom. For decades, I allowed my weight to be a barrier between me and my life's assignment. I had no way of even getting to where I needed to be due to fear and shame. I know there are some people who live their lives not being held back by weight, disability, etc., but my freedom experience didn't happen early in life. I'm okay with that. I have a second wind now. I'm zealous now. I'm ready to help others in their pain. I share tested, tried and true hacks that I utilize daily to maneuver through life. If you know someone, or are someone who needs to relate to someone in the weight struggle, this is your read! It's not lengthy, but there are laughing and tear-jerker moments throughout. Please spread the word and stay positive!.



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