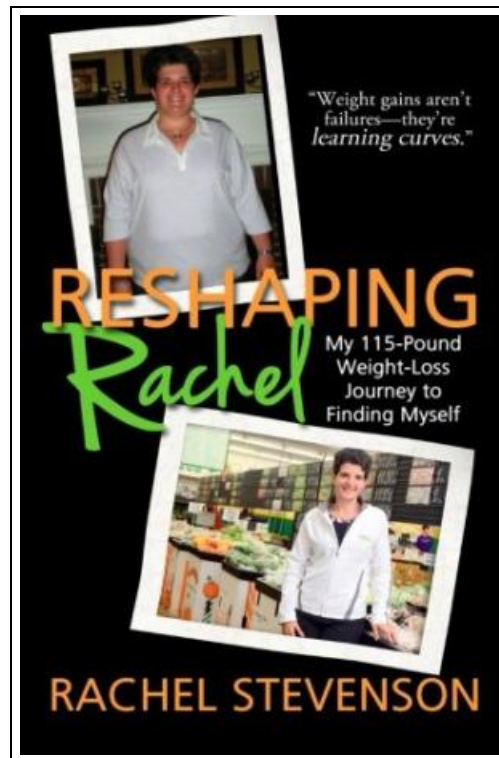


Reshaping Rachel: My 115-Pound Weight-Loss Journey to Finding Myself



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Reviews

It in a of the best ebook. It is one of the most incredible pdf i actually have go through. I am just easily will get a satisfaction of looking at a composed book.
(Elisha McCullough)

RESHAPING RACHEL: MY 115-POUND WEIGHT-LOSS JOURNEY TO FINDING MYSELF



Lucky Stars Publishing, LLC. Paperback. Condition: New. 276 pages. Dimensions: 8.5in. x 5.5in. x 0.6in. A blog. A weight-loss story. And intimate details of one woman's emotional yet humorous journey to finding herself. Bonus Material Included: Recipes and Health Tips Rachel Stevenson has learned the greatest lesson of all through her 18-month, 115-pound weight loss journey: Weight gains aren't failures—they're learning curves. Nearing her thirtieth birthday, yo-yo dieter Rachel Stevenson knew she needed help when she stepped on the scale at nearly 280 pounds. A movie and a lack of clothes that finally provided both the inspiration and motivation Rachel needed. With the support of her friends, family, and wife Fay, and fearless in her resolve and commitment, Rachel took her experience public by starting a blog for the entire world to read. For 18 months, Rachel's followers track her 115-pound weight loss and her very personal stories of love, health scares, frustrations, and day-to-day successes. Along the way, Rachel reveals emotions felt only by someone in her shoes, and speaks candidly about them. She also discovers food in a different light, and develops her talent at transforming fat- and calorie-laden recipes into healthy and delicious meals. Rachel's personal transformation is stunning—from physical change to emotional growth to finding a new career and she hopes her story inspires others to reshape their own lives. PRAISE FOR RESHAPING RACHEL I've spent my life studying the magic of words and NOTHING is more powerful than a personal, vulnerable, authentic story like Rachel's. Whether you are overweight, underweight, or somewhere in between, Reshaping Rachel, will have you standing and cheering her on. Somewhere along her journey of personal growth, you will find yourself inspired and equipped to begin your own. - Tim David, Bestselling author of Magic Words: The Science and Secrets Behind Seven Words that...



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