



## 1 Year, 100 Pounds: My Journey to a Better, Happier Life

By Whitney Holcombe

Simon Pulse/Beyond Words. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 10.8in. x 8.3in. x 0.2in. Part cheerleader, part drill sergeant, Whitney Holcombe chronicles how to transition from the fat girl to being a healthy, confident young woman. At age fourteen, Whitney Holcombe stepped onto her bathroom scale and a number glared up at her: 230. That number controlled her life until one day she went for a walk that changed everything. A little bit memoir and a whole lot of advice, 1 Year, 100 Pounds follows Whitney's journey to battle obesity, negative self-image, and peer ridicule. Through following a healthy diet and exercise routine, Whitney shed the pounds without pills, trainers, or surgery. And along the way, she discovered the confidence to love her body. Reviewed by experts in the fields of diet, health, and fitness, with a foreword by Dr. Joseph Colella, a leading bariatric surgeon who endorses Whitney's method of healthy weight loss over surgery, 1 Year, 100 Pounds is a personal guidebook packed with tips for making healthy food choices, easy exercises, and inspiration that empowers you to change your own life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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