

344 Pounds: How I Lost 125 Pounds By Counting Calories

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✓ Verified Book of 344 Pounds: How I Lost 125 Pounds By Counting Calories

Summary:

344 Pounds: How I Lost 125 Pounds By Counting Calories download ebook pdf is given by saveourtunes that give to you for free. 344 Pounds: How I Lost 125 Pounds By Counting Calories free ebook pdf download uploaded by Shawn Weeks at October 20 2018 has been changed to PDF file that you can access on your tablet. For your info, saveourtunes do not host 344 Pounds: How I Lost 125 Pounds By Counting Calories download free pdf ebooks on our server, all of book files on this web are found via the internet. We do not have responsibility with missing file of this book.

344 Pounds: How I Lost 125 Pounds by Counting Calories is the incredibly humble and true story of how Shawn Tyler Weeks, writer of the popular weight loss blog 344Pounds.com, overcame obesity and lost over 100 pounds in six months while still eating all of the foods (cheeseburger, fries, oh my!) he loved.

In the book, Shawn talks about what it was like growing up obese and always being the biggest person in the room, whichever room he may be in at the time. He shares with us the many daily struggles he encountered living with obesity up until the point he was finally able to conquer his lifelong demons and lose weight for the very first time of his life starting in January of 2009.

344 Pounds: How I Lost 125 Pounds by Counting Calories is for anyone at a "normal" weight who wants to try to understand what it's like going through life morbidly obese. The book is especially for those looking to lose weight, whether it be 10 pounds or 100 pounds, without having to starve themselves or subscribing to yet another fad diet or gimmick.

Shawn goes in-depth in the book about how he lost weight and provides useful insight, information, and tips on how to lose weight by counting calories, how to get weight loss support from friends and family, finding motivation, dealing with adversity, and many more common topics relating to weight loss.

Ultimately, 344 Pounds: How I Lost 125 Pounds by Counting Calories leaves readers who need to lose weight with the hope and encouragement they need so that they too can find success in losing weight.

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344 Pounds: How I Lost