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Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit

Laura Sinclair

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This is a powerful and positive story about a quest for a change in life and the extraordinary possibilities of the human spirit.

"Before I wrote this book, I was diagnosed as MORBIDLY OBESE by my primary-care physician following a yearly visit. The only problem with this
diagnosis was that we never discussed this issue. I knew that I was overweight, but it wasn't until I switched doctors and picked up my medical records that I saw this in writing. I saw myself in front of the mirror every day, so I knew things were bad, but it wasn't until I read those words, MORBIDLY OBESE, that the gravity of the situation sunk in." -LAURA SINCLAIR

At 55, Laura Sinclair was grossly overweight; the future looked dim and dangerous. Carrying extra weight was setting her up for the possibility of developing a chronic illness--heart disease, stroke, or worse. She decided to take ownership of her life and pave a new road to optimum health and
happiness.
-Learn how Laura lost over 40% of her body weight and kept it off.
-How she reached a level of fitness and athleticism that she thought not possible in her 50s and beyond.

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Kathleen Duff:

The reason? Because this Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking way. So , still want to hold off having that book? If I ended up you I will go to the reserve store hurriedly.

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