



The Smile Inside (Paperback)

By Lisa Ellyn Sapiro

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.With obesity rates doubling at alarming rates, Lisa s personal account in this story of her life is desperately needed. We hear all the time about the famous people who are having trouble with their size, and we sit at our dining room tables discussing these waistlines, diet habits, and clothing choices. Now it is time to fix our own waistlines, and decide if we want to live healthier and happier. Lisa took the lemons life threw at her, and figured out how to make the healthiest but yummiest lemonade possible. The process took a while, though. It was difficult, and sour at times. In the end, she is at a weight she is not only accepting of, but happy with. She loves herself. Don t you want to as well? Lisa s heart bleeds for people in her situation, you can tell by the dreams she has in hopes of curbing the epidemic. Also, she wants everyone to know that no matter how old you are, you can take back your life! She wants to share her...



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